

Patty's PT Tips

Pain Management Techniques
What works for me... What works for you?

October 20th, 2021

Self-care/Home Treatment options:

Self-Massage-use your hands as a tool. "listen" to your muscles. You can also use foam rollers, a rolling pin wrapped with pipe insulation foam to make the surface more forgiving if it feels too hard, massage tools available from retailers on line, hand-held vibrator tools, lacrosse balls, small diameter kid's playballs. Tools make it easier on your hands and allows you to get hard-to-reach spots.

Heat and ice-rule of thumb-no longer than 20 minutes per treatment of heat or ice. Monitor skin discoloration. You may need to use a body part with normal sensation to detect actual skin temperature. You may also an electronic meat thermometer or baby thermometer to let you know what is the accurate skin temperature. Normal surface skin temperature is 92 to 98 degrees F. First degree burns happen at 118 degrees F. Prolonged heating will damage surface capillaries resulting in red, mottling of skin which can be permanent. Prolonged cold can result in localized frostbite and cell death. Avoid direct contact with cold if possible. You may start with mildly warm or a room temperature cloth between the cold pack and the skin. Contrasting heat and cold can reduce inflammation and swelling.

Biofeedback/meditation techniques

Counseling/support groups/communication with supportive friends and family/journaling-all may promote endorphin release to modulate pain/emotional response cycle

Apps for pain management education: Curable website: www.curablehealth.com and Freedom from Chronic Pain website: www.thecureforchronicpain.com

Music

Pets

Art/crafts/hobbies

Exercise-gentle stretching, cardiovascular exercise, yoga

"Nature Bathing"-spending time outdoors

From MSA's *PT With Patty* Program • Weds at 1:30pm via Zoom • email support@msasoco.org for a link

Therapeutic movement techniques-Tai Chi, Qigong, Feldenkrais, dance, yoga, horseback riding

Aromatherapy/essential oils-lemongrass, eucalyptus, chamomile, cypress, juniper, peppermint, lavender, cedarwood, geranium, wintergreen, clove

Transcutaneous Electrical Nerve Stimulation

Topical creams-i.e Aspercream, Ben Gay, CBD lotions

Surgical Interventions:

This may be necessary if there are structural deficits-i.e. joint replacements, spinal stabilization procedures, decompression of nerve (i.e. carpal tunnel surgery) or of joints (rotator cuff repair)

Referral to pain management specialist

Manual Therapy Interventions:

Physical/Occupational Therapies

Chiropractic

Massage Therapy

Acupuncture/Trigger Point Dry needling

Splinting or bracing-this will externally provide support and/or alignment of the muscles and joints to prevent pain

Medications:

Antidepressants

NSAIDs (Ibuprofen, Tylenol etc)

Anticonvulsants (Gabapentin)

Antispasmodics/Botox injections

Narcotics

Medical Marijuana/CBD products

Challenges:

Listen to your body. Keep track of what increases your pain.

Being consistent with whatever you choose and trying one change at a time

Finding the right practitioner or program and communicating specifics regarding your pain

Insurance/financial limitations

What not to do: Smoking, excessive alcohol/sugar/overeating. Do not over-exercise or plan to do too much in one day or on consecutive days