

Flip The
Script

MANAGING PAIN



There are many options we can try to manage our pain. Some options use medicine, others do not.

Everyone deals with pain differently. When we take a whole-body approach to pain, we can reduce the physical and emotional symptoms of pain.

It is likely that you may need to try more than one option or combine options to find what works best for you.



Some options help us change the way we think about pain, while others can help make us stronger so we can keep doing the activities we enjoy most.

Learn more about:

- Talking with a counselor or spiritual leader
- Meditating
- Using ice, heat, or both
- Walking
- Practicing yoga

Take action. Talk to your provider about managing your pain. Flip the page for questions to ask.

TAKE ACTION. TALK TO YOUR PROVIDER ABOUT MANAGING YOUR PAIN.



The following questions will help you Flip the Script with your provider and can help spark new ideas that you may not have thought of. Print and take this to your next health care visit. Use the notes section to write down the important points you want to remember.

Suggested Questions to Ask	My Notes
What are my treatment options? How will each option help?	
Why do you recommend this treatment option for me?	
Is this treatment covered by my insurance?	
I am worried that I will still be in pain. What should I expect?	
I have chronic pain that has been treated regularly with opioids. I am worried that my pain will increase if we change my treatment. What should I expect?	
If my pain gets worse before my next visit, what should I do?	
I have read about the benefits of physical activity on pain and am interested in taking a yoga class. Do you have any suggestions before I start?	
How will we work together to figure out a treatment plan that works best for me and takes into account what matters most to me?	
I don't want to take medication. What other options do I have? How will they help my pain?	
What can I do at home to help manage my pain?	