

## More Resources



Simple instruction for initial, intermediate and advanced exercise programs from the American Academy of Orthopedic Surgeons:  
[orthoinfo.aaos.org/topic.cfm?topic=a00302](http://orthoinfo.aaos.org/topic.cfm?topic=a00302)

Spanish version available:  
[orthoinfo.aaos.org/topic.cfm?topic=a00302](http://orthoinfo.aaos.org/topic.cfm?topic=a00302)



[fightmasteryoga.com/  
30-day-yoga-challenge-for-beginners](http://fightmasteryoga.com/30-day-yoga-challenge-for-beginners)



Kaiser's My Doctor online. You do not have to be a Kaiser member to access health education:  
[mydoctor.kaiserpermanente.org/ncal/mdo/#/](http://mydoctor.kaiserpermanente.org/ncal/mdo/#/)



My primary care provider is:



My next appointment is:

My referral is:

Ask your provider for options at Tri-City

# my pain story & plan

## History, Resources, & Shared Action Plan



# HISTORY

When did it start:

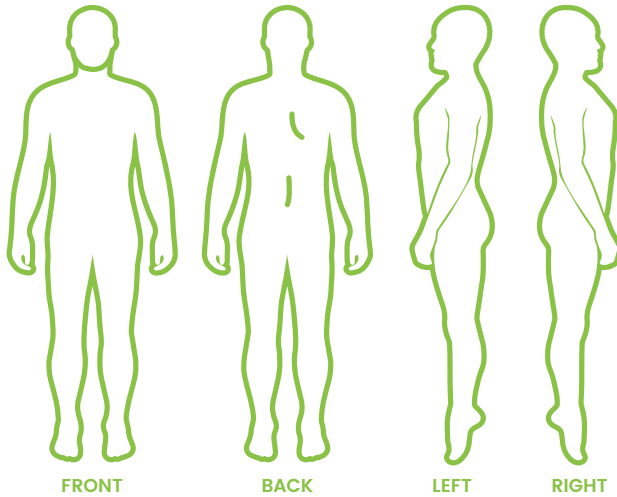
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How did it start:

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Where does it hurt?:



What makes it feels better?:

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What makes it worse?:

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What things do I want to do but cannot?

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# HAVE YOU TRIED THIS?



## PHYSICAL THERAPY

Physical therapists help patients reduce pain and move around more easily, teaching patients how to take care of themselves for good health.

I DO THIS  I WANT TO DO THIS



## EXERCISE

Move those bones! Get as much exercise as you can. See back for websites that can help you move!

I DO THIS  I WANT TO DO THIS



## ACUPUNCTURE

A type of medicine that involves placing very thin needles in the skin to lessen pain and treat physical, mental, and emotional issues.

I DO THIS  I WANT TO DO THIS



## STRETCHING + YOGA

Reaching out or bending your body in different directions to make muscles move further and more easily. Holding the body in different positions with special breathing patterns and calm, focused thoughts in order to reduce stress and pain in the body.

I DO THIS  I WANT TO DO THIS



## WARMTH LIKE A HEATING PAD

Used for warming of parts of the body in order to manage pain. Heating up parts of the body brings more blood to that spot which helps reduce pain.

I DO THIS  I WANT TO DO THIS



## ANTI-INFLAMMATORY

These medicines, such as ibuprofen and Advil, lessen pain and swelling in muscles and joints. You may need a prescription and always take with food.

I DO THIS  I WANT TO DO THIS



## TALK THERAPY

Talking to a therapist in order to change your thoughts, feelings, and behaviors from negative to positive.

I DO THIS  I WANT TO DO THIS



## CHIROPRACTOR

Chiropractors moves joint and muscle to help movement and make pain better.

I DO THIS  I WANT TO DO THIS

# MY SHARED ACTION PLAN

I want to:

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When will I do it?

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What do I need from my provider to do it?

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How confident am I that I can do it?

1 2 3 4 5 6 7 8 9 10

When will I follow up with my provider?

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