Exercises

Simple instruction for initial, intermediate and advanced exercise programs from the American Academy of Orthopedic Surgeons:

orthoinfo.aaos.org/topic.cfm?topic=a00302

Spanish version available:

orthoinfo.aaos.org/topic.cfm?topic=a00302

Yoga

fightmasteryoga.com/

30-day-yoga-challenge-for-beginners

Health Education

Kaiser’s My Doctor online. You do not have to be a Kaiser member to access health education:

mydoctor.kaiserpermanente.org/ncal/mdo/#/

More Resources

My primary care provider is:

My next appointment is:

My referral is:

Ask your provider for options at Tri-City
I want to:

When will I do it?

What do I need from my provider to do it?

How confident am I that I can do it?

When will I follow up with my provider?

When did it start:

How did it start:

Where does it hurt?:

What makes it feels better?:

What makes it worse?:

What things do I want to do but cannot?

**I WANT TO DO THIS**

**I DO THIS**

**I WANT TO DO 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.

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

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

**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.

**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.

**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.

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

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