

Kev Pab Kom Txhob Hnov Mob Tom Tsev

Thaum koj maj mam rov zoo neej, txoj kev hnov mob yog ib qhov qhia koj lub cev kom paub yoog tej qhov lub cev ua tau thiab tsis tau. Xyaum ua zoo mloog koj lub cev. Tsis txhob ua ntau yam thiaj yuav pab kom lub cev muaj caij maj mam rov los.

Nrhiav caij so thaum nruab hnuab

Nrhiav sij hawm los so thaum nruab hnuab pab lub cev kom txhob nruj nruj thiab ua rau ib ce rov muaj zog. Koj sim tau:

1. Nqus pa loj (1-2 nas this). Maj mam nqus ob peb pa kom loj. Qhib koj ob lub qhov muag thiab txo zog. Ua li no 15-30 nas this ib zaug kom pab qhov hnov mob hauv tej nqaj nruj ntawd ntaug.
2. Caij ncab ib ce (2-5 nas this). Txav mus mus los los me ntsis ib hnuab. Taug kev yog tias koj taug taus kev. Maj mam ncab koj ob txhais caj npab thiab ceg yog tias koj ncab taus. Ua si txhawb ib ce tom tsev yog tias koj muaj ib qhov zoo li ntawd los ua.
3. Txo zog (tshaj los yog txog 15 nas this) Nres thiab nrhiav caij so. Zaum ib lub rooj kom zoo zaum. Muab hlua xov tooj rho tawm tim phab ntsa. Txhob xav txog dab tsi li. Siv ib txoj kev ua si txo zog txhawb ib ce. Nug kom koj tus neeg pab kws kho mob qhia txog qhov no. Ib hnuab twg yuav tsum nrhiav tsawg kawg 2 lub caij los txo zog.
4. So siav (txog li 1 xuab moo). Zaum ib lub rooj kom zoo zaum los yog pw tsaug ib tsig zog. Koj yuav so pes tsawg zaus los yeej yog nyob ntawm seb koj mloog koj tus kheej zoo li cas.
5. Lub Vaj Voog Txo Zog

Ua Ub No Ib Nrab - So Siav

Pain Management At Home

During your recovery, pain is your body's signal to help guide your activity. Learn to listen to your body. Slowing down gives your body a chance to heal.

Taking breaks during the day

Take time to rest and relax during the day to help decrease tension and boost your energy. You can try:

1. Deep breathing (1-2 minutes). Take several slow, deep breaths. Close your eyes and relax. Do this every 15-30 minutes to help reduce pain in tight, sore muscles.
2. Stretch breaks (2-5 minutes). Move a little throughout the day. Walk if you are able. Gently stretch your arms and legs if you are able. Do your home exercise program if you have one.
3. Relaxing (15 minutes or more). Stop and take a break. Sit in a comfortable chair. Take the phone off the hook. Clear your mind. Use a relaxation exercise. Ask your nurse for instructions on this. Take at least 2 relaxation breaks a day.
4. Resting (over 1 hour). Sit in a comfortable chair or take a nap. The number of rest breaks you need depends on how you feel.
5. Recovery Cycle

Moderate Activity - Rest

Tswv yim pab ua ub ua no thaum koj rov qab zoo neej

- Ua raws li koj txoj kev qhia kom koj ua ub ua no.
- Maj mam ua ub ua no ntxiv zuj zus.
- Txo zog thiab ncab ib ce ua ntej ua ib yam dab tsi.
- Ua ub ua no thaum koj muaj zog tshaj thiab hnov mob tsawg tshaj.
- Muab tej yam yuav ua ntev txiav ua kom luv. So siab hauv nruab nrab.
- Tso siab thov kom luag lwm tus pab.
- Hais tias “tsis ua” rau tej qhov uas yuav ua rau koj ua tshaj qhov koj ua tau.
- Siv ib yam sov los yog siv dej khov txias raws li cov lus qhia.

Tej yam yuav tau nco ntsoov

- Txoj kev rov qab zoo neej yuav siv sij hawm ntev.
- Maj mam ua ntau yam ntxiv yuav pab ua kom koj zoo neej sai.
- Ua zoo nco qab mus ntsib chaw kuaj mob raws li lub caij tau teem tseg.
- Noj koj cov tshuaj raws li kws kho mob tau qhia.

Hu xov tooj tuaj yog tias:

- Koj hnov mob tuaj.
- Koj mloog zoo li muaj ntau yam ua rau koj tsis pom qab ua li cas.
- Koj muaj teeb meem pw tsis tsaug zog.
- Koj muaj kev nyuab

Tips for dealing with activities as you recover

- Follow your activity guidelines.
- Increase your activity slowly.
- Relax and stretch before any activities.
- Do activities when you have the most energy and least pain.
- Break up long activities. Rest inbetween.
- Be willing to ask for help.
- Say “no” to activities that may lead to overdoing it.
- Use heat or ice treatments as instructed.

Points to remember

- Recovery can be a long process.
- Increasing your activity will help you recover.
- Be sure to keep your clinic appointments.
- Take your medicine as ordered.

Call if:

- Your pain is worse.
- You feel overwhelmed.
- You have trouble sleeping.
- You feel depressed.