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**

   ![Recovery Cycle Diagram]

   - **MODERATE ACTIVITY**
   - **REST**

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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 in-between.
- 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.