

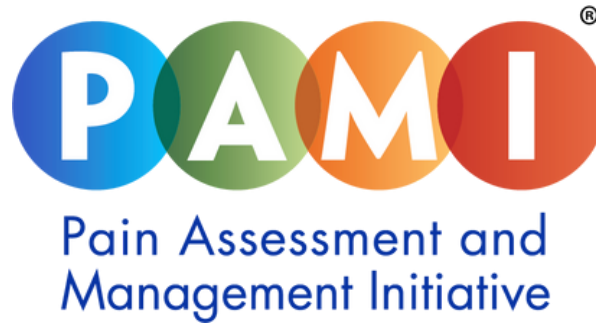
# Types of Pain

## Acute Pain

- Starts and resolves quickly. It can be caused by an injury or surgery. It lets the body know that something hurts or there is an illness that needs attention. Once the injury or illness is healed, the pain stops.
- Examples: cuts, burns, toothache sprains/broken bones, childbirth

## Chronic Pain

- Lasts longer than 3 months. It may be caused by a disease or condition, injury, surgery, inflammation, or for an unknown reason.
- Examples: arthritis, sickle cell, back pain, neck pain



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## Scan the QR code to visit our website:



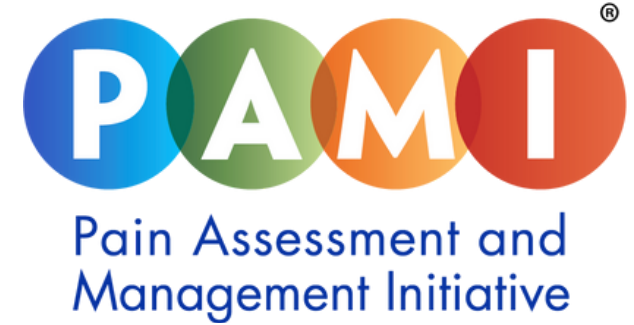
To learn about complementary therapies to help manage pain, scan the QR code:



### Resources

- [www.theacpa.org](http://www.theacpa.org)
- <https://www.health.harvard.edu/pain/8-non-invasive-pain-relief-techniques-that-really-work>
- <https://www.cdc.gov/drugoverdose/featured-topics/pain-management.html>

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# Managing Pain



# A Multimodal Way to Manage Pain

Having pain is like having a car with 4 flat tires. Medication(s) will only pump 1 tire. To pump up the other 3 tires, you need to use different therapies.



To help manage your pain, you may need to use both integrative therapies and medication(s).

When integrative therapies are used alone or with medication(s), pain can improve.

To watch the car with four flat tires video, scan the QR code:



# Types of Integrative Therapies



*Before you start using these therapies and/or are pregnant, talk with your healthcare provider.*

## Heat Therapy

- Helps to relax and soothe muscles
- Heat should be applied to the affected body part for 15-20 minutes at a time or as directed by your healthcare provider
- Examples: heated gel pack, heated blanket or pad
- **Warning:** heat for a prolonged period may cause damage to the skin. Contraindications: numbness of area being heated, open wound, creams/gels, etc.

## Cold Therapy

- Helps to decrease swelling/inflammation
- Cold should be applied to the affected body part for 15-20 minutes at a time or as directed by your healthcare provider
- Examples: cold gel pack or bag of ice
- **Warning:** do not place cold pack or ice directly on the skin. Cold for a prolonged period may cause damage to the skin. Contraindications: numbness/tingling of area being cooled, sensitivity to cold, etc.

## Massage Therapy

- Can help relax tight muscles and muscle spasms, increase blood flow, and promote a feeling of well-being

## Physical Therapy

- Can help improve the ability to move, increase strength, and decrease pain

## Music and Art Therapy

- Can release natural chemicals in the body to increase energy levels, improve mood, and reduce pain

# Track Your Pain

Keep track of your pain in a journal.

When you track your pain, you can find patterns in your day-to-day life that may increase or decrease your pain.

Finding what may increase or decrease your pain will allow you to learn more about how to manage your pain better.

### Important things for you to track:

- Are you experiencing new or reoccurring pain? Is it off and on or all the time?
- Is your pain limiting any of your daily activities (work, school)?
- What changes have you noticed in your daily sleep quality (do you have trouble falling asleep and/or staying asleep?)
- What have you used to help decrease your pain (ice/heat, medication, aromatherapy)?
- What factors do you think cause your pain or stress?

### Questions to ask your healthcare team (nurse, doctor, pharmacist, etc.):

- Medication questions: names, when to use, dose, side effects, refills
- Questions about your disease or condition: expected length of pain
- Home pain plan: work/school accommodations, follow-up appointments