

My Pain Management Plan (A Work in Progress)

Medications (Prescription and Over the Counter)

Medication Name	Dosage and Frequency	What It's Good For	Special Instructions
Example: Ibuprofen	600 mg. every 4-6 hours	Inflammation, muscle aches, general pain	Take with food to prevent stomach upset

Other Ways to Manage My Pain

Type of Intervention	Dosage and Frequency	What It's Good For	Special Instructions
Example: Physical therapy stretches and exercises	15-20 minutes every morning and evening	Flexibility, strength, and endurance	Follow order given by physical therapist, remember gains may be slow but will be long lasting