

## 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