*Individualized Pain Treatment Plan*

# Less Pain – More Gain

*For UVA Family Medicine Patients with Chronic Pain*

**Step 1: Set Goals**

**Here at UVA Family Medicine we want to help you feel better and do more of what you want to do. The scientific evidence tells us that setting specific goals helps people do that.**

What is one specific way that you would like to feel better? (i.e. reduce pain from level 8 to 6; or reduce headaches from 4x to 2x/wk.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is one specific thing that you would like to be able to do more often or more easily? (i.e., walk dog around block; or play with child on floor)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The scientific evidence also tells us that management of chronic pain is most successful when it includes both pharmacological (medicine) and non-pharmacological treatments.**

**STEP 2: Pick Two**

**To best treat your pain, we ask that you choose at least two of the following treatments in addition to any pain medication that you have been prescribed.**

\_\_\_\_Low/moderate intensity exercise (walking, water aerobics or swimming, exercise class, yoga)

\_\_\_Cognitive-Behavioral Therapy

\_\_\_\_individual therapy \_\_\_\_group therapy/education \_\_\_\_web-based CBT

\_\_\_\_ Relaxation training or hypnosis (other or self-guided)

\_\_\_\_Pleasant activity scheduling

\_\_\_\_Behavioral methods to improve sleep (may also be web-based)

\_\_\_\_Music therapy or Music stimulation

\_\_\_\_Mindfulness-based meditation.

\_\_\_\_Massage therapy

\_\_\_\_Engaging in positive social activities

\_\_\_\_Treatment for mental health problems such as anxiety, depression, PTSD, somatoform disorders.

\_\_\_\_Healthy Weight Management

**Using the Free and Moderate Cost Resources Guide, please plan how you will go about these activities.**

**Step 3: Make a plan**

ACTIVITY 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How often each week?\_\_\_\_\_\_\_\_ 2. For how long? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. When and where? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Who will do this with you, or will you do this on your own? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. If you need to make contact with a service provider, what are the names and numbers to call?

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. How confident are you on a scale of 1 to 10 that you can follow through? \_\_\_\_\_\_\_\_\_\_\_\_\_

7. What would make that number higher? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ACTIVITY 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How often each week?\_\_\_\_\_\_\_\_ 2. For how long?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. When and where? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Who will do this with you, or will you do this on your own? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. If you need to make contact with a service provider, what are the names and numbers to call?

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. How confident are you on a scale of 1 to 10 that you can follow through? \_\_\_\_\_\_\_\_\_\_\_\_\_

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