

What can I do to help my pain go away?

Depending on where it hurts, some things help different areas. If you have back pain for example, there are some exercises or physical therapy that may help. Losing weight if you have extra pounds in your stomach area can help your back not to be strained. Eating healthy and trying to be safe when you are walking or lifting is very helpful. Wear sensible shoes and walk carefully and watch for ice when there is cold weather.

Talk to your provider.

You should always tell your provider if there are any changes. Do not wait to tell them if the pain gets worse or if you notice other changes with your body.

Warm compressions and massage.

Sometimes this can help the cramped feeling you get in your back. Only go to a person you know is very good at massage or heat application so that you stay well. Physical therapy is often a big help so consider that.

Medicines

There are times when a medicine that relaxes your muscles is very helpful, but it can make you feel sleepy so do not drive your car when taking it unless you take it at bedtime. Medicines to stop pain that you can buy in the store are ok to take but you should not take them forever. Be sure your provider knows what you are taking. Take them with food in your stomach.

Medicines that are not bought in a store.

Your provider might feel you need a medicine that is a controlled substance for a period of time until your pain is better. The plan is not for you to ever be on this medicine forever. We will check your records and be sure you can use these medicines and may even check your urine. This is what is done when these medicines are prescribed. The State of Pennsylvania has rules that we will follow that you should know:

1. Only one person or practice should give prescriptions for this medicine.
2. You must fill it at the same place each time. Do not take more than is prescribed.
3. You should come in for regular visits to check on whether it is helping
4. Do not wait until you have no pills left and ask for refills.
5. Be ready to give a urine sample when you come it.
6. Don't miss appointments.
7. Lost or stolen prescriptions will not be written over.
8. Your refills will only be written to cover you until your next visit.
9. Sign a paper at the office each year saying yes to these rules.

In turn, we will listen to you, work with you, and do all we can to help meet your needs with your pain.