

# PorcuPAIN

## Don't Get Stuck With Pain

September 2010



### Self Help Measures

The following techniques/therapies/interventions have been used successfully to treat adults and children with persistent and intermittent pain. Do secure a medical diagnosis and follow through with physical therapy and diagnostic/treatment recommendations as you choose from these self help measures.

- Core Body Weakness (as we sit more → back pain)  
Intervention: Sit on a core strengthening ball chair, gradually increasing time. Seek exercises from a Physical Therapist. Maintain safety while on the ball chair.
- Low Back Pain and Hips out of Alignment  
Intervention: Sit on a solid chair (no wheels). Tightly apply band/belt around thighs above both knees. Look straight ahead (not down). Stand up. Sit down. Stand up. Sit down. (Repeat sequence 10 times or as able.) May do slowly and support balance with hand on table if needed. Walk! Walking helps our body's balance, alignment, and strength.
- Muscle Spasms/Tightness/Cramps  
Interventions:
  1. Relax with a warm 20 minute bath soak with 1-3 cups of Epsom Salt (Magnesium). Rinse body to prevent dry skin. Or, use a warming pillow or heating pad. (Do not use heating pad when not awake).
  2. Seek massage: by self, family member, professional. A professional who is prepared to do myofascial release, cranial-sacral work is invaluable.
  3. Recent research is showing a low Vitamin D level can lead to pain. Thus, have a blood test done to evaluate your levels and enjoy the sun. At the same time have your Calcium levels evaluated and take calcium supplements with Vitamin D as recommended for your age. For Calcium to be absorbed, it needs Vitamin D3 form.
  4. Attend Yoga classes. They have been shown to assist with pain management.
- Low Energy  
Interventions: Call a friend. Do activity with a friend. Walk barefoot in the grass. Feel the energy of the earth and the sun. Laugh and find joy in your life. Cut the cords of negativism from your life. Reset priorities. Pace yourself. BE HAPPY!
- Cherry Juice  
Intervention: Drink to determine if it helps your type of pain.
- Topical Preparations  
Intervention: Seek over the counter products such as LMX to rub into the area of pain. Some are more costly than others.
- Headaches and/or Congestion  
Intervention: Neurolymphatic Release: Place 2-3 fingers above your collarbone/clavicle on both sides. Gently pump toward middle/neck area. Do often to see if this lessens sinus or migraine headaches; Opens lymphatic drainage for the head.
- Leg discomfort with swelling/fluid retention  
Intervention: Lie on back in bed. While exhaling, put chin to chest and have toes pointed up toward the trunk. While inhaling, extend head and toes. Hold briefly. Then repeat. This opens lymphatic drainage and helps decrease swelling. Do 1-2 minutes.
- Anti-inflammatory  
Take Omega 3 (1000 mg) 3 times a day with meals. After two weeks, there will be improvement in inflammatory pain.
- Give Forward  
Intervention: Sharing of ourselves with others, helping someone else, even with little things, distracting ourselves from the self with focus on the needs of others. All leads to less pain.

MoLANE Planning Committee Members:

- Missouri Pain Initiative
- Missouri Association of Homes for the Aging
- Missouri Health Care Association
- Missouri Coalition Celebrating Care Continuum Change
- Missouri Association of Nursing Home Administrators
- Missouri Department of Health and Senior Services
- Missouri League for Nursing
- Missouri State Long-Term Care Ombudsman
- Missouri Board of Nursing Home Administrators
- National Association of Health Care Assistants
- Primaris, Missouri's Medicare Quality Improvement Organization
- Quality Improvement Program for Missouri (QIPMO)

**Watch for more PAIN tips!**