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Pain Management

Pain Management/PROM/Relaxation Techniques co-treatment with Physical and Occupational Therapy
submitted by Anna Martin,CTRS of Magee Rehabilitation on August 6, 2006

Size of Group: Ideally 1:1 within group. No more than 2:1 ratio in group

Equipment: Relaxation script,
Music (classical/jazz/earth sounds)

Objective: Program goals:

1. Decrease pain 1-3 points on 10point scale. (0=no pain and 10=extreme pain).
2. To increase patients awareness of relaxation techniques
3. To have patients id episodes for relaxation techniques

Description/Procedure:

Instruct PT/OT's prior to session that they will be starting PROM upon your cue during session as you will continue to do relaxation techniques throughout session.

Setting patients up in semi-circle explain purpose of session. Tally pain levels of patients (level and location of pain). Have patients ID when they may need to use pain management or times they are in pain and sources of stress. Explain benefits of pain and stress management.

Having patients close eyes and begin music. Let patients listen to music for a minute or so. Give them a chance to relax, themselves.

Relaxation Script:

(to be spoken calmly, softly, and slowly) I have written as it works for our specific group. I suggest going at the pace that is best for your group.

Now close you eyes. "I'm going to count to 10 and as I count, you are going to become more and more relaxed. 1...2...your mind is clear of all thought and stress. 3..4. Get comfortable in your seat (or bed) sinking deeper, relaxing your shoulders, becoming more and more relaxed. 5..6..imagine that you body is hollow and weightless, relaxing your arms. 7..8.. You feel as though you are floating freely in midair. 9...10..you are now completely relaxed. "

Pause.... checking to assure patient's eyes are closed.

"Get comfortable in your chair (or bed). Keeping your eyes closed. Pay attention to you breathing. Pay attention to the rise and fall of your chest as you breathe in and out. Pay attention to the rhythm. If you are breathing rapidly, focus on decreasing the pace of your breathing to a slow deep, rhythm, feeling your chest rise and fall slowly. As you inhale, image you are breathing in clean, relaxing air, replacing stress and tension. As you exhale, imagine you are blowing out your stress and tension-erase all distraction from your mind"

Pause.

"Keeping your eyes closed, pay attention to the colors and shapes you see on the back of you eyelids. Imagine that all the colors and shapes have disappeared and now you see nothing. Now, start to imagine your favorite place to go when you want to relax. It may be a place outdoors like the beach or the mountains. It may be a special room, or a place you used to visit. Allow you mind's eye to take you to that place. Imagine that colors of your surroundings. It may be an assortment of colors from a sunset or sunrise green landscapes of a forest or the colors of the walls and furniture of what special room you like to go to. You see the colors of your surrounding. Imagine the textures of your surrounding. It may be a soft cotton cushion or blanket in your favorite room; wind blowing through your hair from an ocean breeze, the warmth of the sand on your feet from a walk on the beach or the warmth from a camp fire burning in the night. You feel the textures of your surrounding.

Now, imagine the scents of your surroundings. It may be the familiar scent of that room, the smell of the morning dew on the trees and grass of a forest, the smell of ocean water by the shore. You smell the scents of your surrounds.