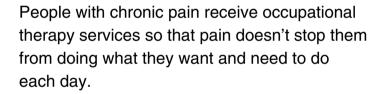


## Occupational Therapy Services for

## Pain



## Occupational therapy practitioners work with clients to:

- Set individualized goals for pain management
- Understand what causes chronic pain
- Learn how to monitor and track pain levels throughout the day
- Use their bodies effectively and without pain
- Design workspaces to reduce strain on the body
- Learn to relax muscles and calm the mind
- · Pace activities to reduce fatigue
- Treat flare ups and control pain levels without medication
- Plan for future challenges
- Recommend tools and equipment to make everyday activities easier
- Ask for accommodations at work or school
- · Adopt a more healthy lifestyle

## What You Can Do



Ask yourself if your pain is too much to manage on your own



Ask your care provider for occupational therapy services

Reference: American Occupational Therapy Association. (2021). Position Statement—Role of occupational therapy in pain management. American Journal of Occupational Therapy, 75(Suppl. 3), 7513410010. https://doi.org/10.5014/ajot.2021.75S3001