

Occupational Therapy Services for

Pain



People with chronic pain receive occupational therapy services so that pain doesn't stop them from doing what they want and need to do each day.

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](#)