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# *Pain Talk*

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## PCET OT: “Taking Back Control - Part 2”

Learning to self-manage your pain can be like creating a tool-box. If you have a project to complete at home, you want to have the right tools for the job so that you can get your project finished with the least amount of hassle. For your pain tool-box, there may be some physical items, but a lot of the tools will be found in the choices you make in your daily life. Today we will look at one tool to manage pain: PACING.

We often think of athletes pacing themselves during events so that they can finish strong. With chronic pain, you have to keep in mind that rest breaks and changing positions will be important so you can finish the task while keeping your pain from rising quickly.

One strategy is to take breaks before your pain gets too severe. Pain is easier to manage at a lower level. Don't keep pushing until a task is finished and the pain is very high before taking a break. Work until your pain slightly increases then take a short break. After 5-10 minutes, go back to the task and repeat the rest breaks as needed to manage the pain.

One tip to help you take those breaks is a timer. Before you start your task, set a timer and take a break once the timer goes off. How long should you set the timer for? You want to figure out how long you are able to work before the pain goes up. Ideally, you should then set the timer for that amount of time.

“But I want to just get the task done!” is a common complaint about taking breaks during an activity. Think back to a time that you pushed through an activity just to get it finished. How did you feel afterwards? How long did it take to recover from pushing to complete the task? If your pain was much higher forcing you to lay down after you were done, how much did you get done for the rest of the day?

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# “Taking Back Control - Part 2” cont...

By taking breaks, you can complete the task and help to manage your pain so that you can move on to accomplish another task. If you push yourself and then have to lay down for a long period of time or for a couple of days, are you really getting more done?

Remember, this is about having more control of what you are able to do. Plan ahead to begin making small changes such as taking breaks during your activities during the day.

## PCET raises funds for ETCH

Pain Consultants of East Tennessee employees raised more than \$5,000 to support the Pain and Palliative Care Service at East Tennessee Children’s Hospital.

The fundraising was part of the hospital’s Butterfly Fund Dash and Burger Bash, which took place on Saturday, August 11th at the World’s Fair Park. Employees and their family members ran and walked the 5K and one mile fun run/walk through the Fort Sanders neighborhood.

A number of employees and family members also participated in the burger cooking competition, which took place on the World’s Fair Park lawn. More than 20 teams participated in the competition and created their own signature “slider” burgers and recipes. PCET cooked more than 55 pounds of burgers, serving almost 300 sliders.

Although the PCET team didn’t win, their “Painless Burger” made with ground beef, sausage and Tiger Salt was definitely a crowd favorite!

Thank you to all employees who helped raise funds for this special cause!



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