



## Pain Management Program

Most pain has a purpose, usually to tell us when we're hurt or sick, or that it's time to seek medical attention. As we heal, the pain usually subsides. But some pain—chronic pain—doesn't go away and can be unpredictable, flaring up often and with great intensity. If left unmanaged, chronic pain can be debilitating.



877-877-9889  
www.aegistherapies.com

The Pain Management program developed by Aegis Therapies is designed to reduce the devastating impact of chronic pain and help patients resume life that is as normal and pain-free as possible.

### Steps to managing chronic pain

Our approach to pain management depends on the severity of the pain. Our staff will try to determine the cause of the pain. However, pain is not always easy to treat, and the underlying cause is not always found. Various types of medications are available for pain relief, and some comfort measures—such as massages, topical pain killers, distraction techniques and soothing music—can be used to reduce or treat pain.

Some patients are unable to communicate their pain, so staff watch for non-verbal signs such as decreased appetite, inability to sleep or rest comfortably, facial grimacing or changes in mood, and physical movements that indicate pain.

We encourage family members to take an active role in their loved one's pain management care by informing the staff about pain-relieving activities that have helped in the past, and helping to create a log of what aggravates the pain and what seems to alleviate it. Family members are also encouraged to bring favorite things from home that could serve as distraction from the pain, and to direct conversations to focus on pleasant times and memories.

Aegis Therapies is proud to offer pain management treatment, and we invite you to contact us for more information.