

## PROFESSIONAL CARE:

Your First Line of Defense Against Musculoskeletal Pain

With the rising abuse of opioids as well as the risks and side effects of pain medication, many people are searching for non-pharmacological solutions to address their acute and chronic pain.

*The answer?* The care of hands-on healthcare professionals like:



CHIROPRACTORS



PHYSICAL THERAPISTS



MASSAGE THERAPISTS



OTHER HEALTH PROFESSIONALS

In fact, research shows working with these professionals can result in better outcomes for musculoskeletal pain.<sup>1</sup>

Reference:

1. Ferreira, et al. 2013.

## NEED HELP FINDING A HANDS-ON HEALTH-CARE PROFESSIONAL?

Visit [www.biofreeze.com/professional-finder/](http://www.biofreeze.com/professional-finder/)

## HOW TO MAKE PAIN RELIEF LAST



Create an individualized plan with a healthcare professional.



Visit a trusted clinician and **SaferPainRelief.org** to learn more about your pain and how to best manage it.



Set specific, measurable, achievable, relevant and time-based goals.



Use a log to track pain, exercise progression and progress.



Join social support groups and networks, or work with a friend, spouse or other family member to meet your goals.

### Safer Pain Relief: Your Trusted Partner in Pain Education

Visit [SaferPainRelief.org](http://SaferPainRelief.org) today!

## PERFORMANCE HEALTH®

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FOR PATIENTS

## HOW TO SAFELY MANAGE MUSCLE AND JOINT PAIN



Learn about your pain and the best solutions for long-lasting relief.



# 1 UNDERSTAND YOUR PAIN

Pain is a warning signal associated with the body's natural response to changes in...



TEMPERATURE

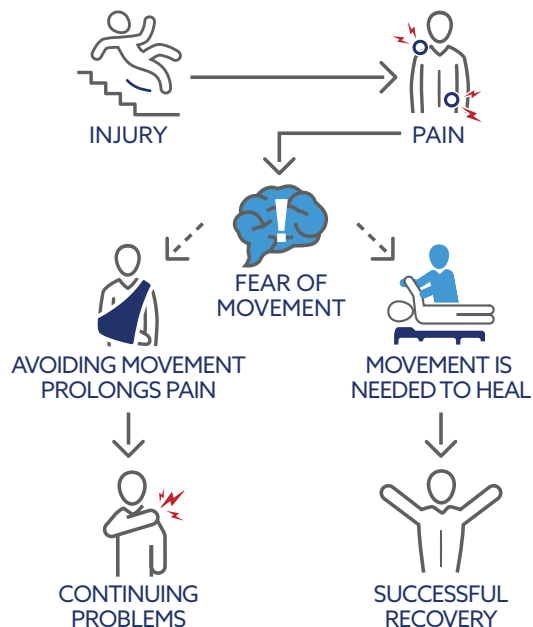


PRESSURE



INFLAMMATION

Pain is a natural response signal your body creates to provide protection; it does not always indicate harm or damage. However, muscle and joint pain can change the way we move or cause us to avoid movement altogether. This can do more harm than good, creating a cycle that results in more pain. This behavior is known as "fear avoidance."



# 2 THE IMPACTS OF PAIN

There are two types of pain:

## ACUTE



LASTS UP TO 72 HOURS

## CHRONIC



LASTS 3+ MONTHS

Because everyone experiences pain differently, everyone should be treated differently. Hands-on healthcare professionals are experts in creating customized pain management plans that address how each patient experiences the three impacts of pain:



PHYSICAL



EMOTIONAL



PSYCHOLOGICAL

# 3 HOW TO MANAGE YOUR PAIN

Prescription medication may be needed for some; but, for those with musculoskeletal pain, non-prescription pain relief approaches can be a critical first step. Hands-on healthcare professionals rely on proven pain relief tools, such as:



KINESIOLOGY TAPE



TOPICAL ANALGESICS



THERMAL THERAPY

However, the most important component of pain management is movement. While medicine or other treatments simply mask the symptoms of pain, therapeutic exercise addresses the underlying cause and restores function.

To learn how to implement each modality into your everyday life, talk to a healthcare professional in your area today!

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