

## CONTROL YOUR PAIN WITH THE 3 P's

PACE  
PRIORITISE  
PLAN

### Is this you?

You want to get the task finished.

You push on even though you feel yourself tire and your pain gets worse and worse.

You sit for a long time. You feel sore and it's a struggle to get up.

You have done no extra damage yet your pain increases.

Painkillers may not work and it takes a long time for your pain to go or to settle back to its usual levels. It starts to interfere with your life and can control every aspect of your life.

### Can you regain control of your pain and your life?

Patients who have been able to do this have successfully used a technique called Pacing.

It is not a quick fix - it takes time, commitment and practise.

The theory however is simple

Forget "no pain no gain". Instead of pushing on PAUSE BEFORE YOU FEEL YOUR PAIN INCREASE OR BEFORE YOU BECOME MORE TIRED.

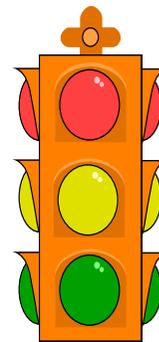
After a short rest you can restart and continue your task or activity.

Do things in smaller chunks , the quicker you pause the quicker you recover to restart .

It may seem slow but you can complete the task without the extra pain that accompanies pushing on.

The same applies to sitting. MOVE BEFORE YOUR PAIN INCREASES. Keep pain at bay, stop it taking hold.

The key is either pausing or moving quickly enough. It is too late once your pain has increased. Think traffic lights :-



Red Light - if you push to this level your pain has strongly increased - are you suffering needlessly?

Amber Light - this is pausing or moving as soon as you feel pain increase. Too late, pain has kicked in, its back in control

Green light - This is the ideal time to pause or move. You are still feeling relatively alright.  
**KEEP ON THE GREEN.**

It may also help to :-

Plan and Prioritise carefully - what needs done today and what can wait?. Spread things out over the week - how are you going to feel the day after when you squash everything into a good day?.

Don't feel guilty scheduling rests into your day You can recover energy and keep your pain to its most bearable level .

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# The 3P's

## Pace, Plan, Prioritise

If you, or anyone you know, requires this information in large print, audio or Braille contact the Fife Healthline on 0845 607 6695 – or in another language, contact the Patient Records Manager, Victoria Hospital, Kirkcaldy 01592 643355.

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