



OSTEOARTHRITIS **1on1** My Pain Management Plan



My Pain Management Plan

Managing pain doesn't have to be tough for people with osteoarthritis.

A customized, 1on1health® Pain Management Plan that details your treatment can help.

Work with your doctor to fill in this form. Post it at home in a handy place (on a bedside table, for instance). Take it with you to your doctor visits so you can update it.

Treatments	When Do I Use It?	How Long/How Much?
Heat/Cold _____ _____	_____ _____	_____ _____
Massage Treatments _____ _____	_____ _____	_____ _____
Exercise _____ _____	_____ _____	_____ _____
Medicines _____ _____	_____ _____	_____ _____
Relaxation _____ _____	_____ _____	_____ _____
Rest Complete rest Joint(s) Joint(s) Joint(s) Using splint _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
Other Healthy Habits _____ _____	_____ _____	_____ _____



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My Healthcare Team

Contact Information	
Doctor(s):	<hr/> <hr/> <hr/> <hr/>
Physical/Occupational Therapist:	<hr/> <hr/> <hr/> <hr/>
Pharmacist:	<hr/> <hr/> <hr/>
Others:	<hr/> <hr/> <hr/> <hr/>
Local Hospital:	<hr/> <hr/>