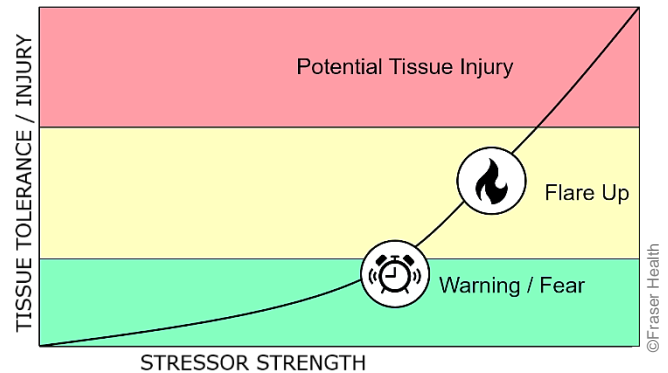


Pain Foundations

# Flare-Up Plan

Flare-ups are common. They are also predictable and manageable.

Having a flare-up plan will help you to use strategies to get you through difficult times. A plan will also give you some control over your pain. Flare-ups might settle more quickly if well managed.



## Part 1: Preventing a flare-up

**What are the warning signs that a flare up is starting?**

*muscle tension, numbness, headache*

**Major aggravator #1**

(mood, emotion, thought, movement)

*Lifting heavy things*

Plan to Avoid

*Proper lifting technique, break up load, ask for help*

**Major aggravator #2**

(mood, emotion, thought, movement)

Plan to Avoid

**Major aggravator #3**

(mood, emotion, thought, movement)

Plan to Avoid



## Part 2: Managing a flare-up

Tools to use to minimize flare-up intensity:

*eat, ice, epsom salt bath*

**Consider the following in your plan. Be specific about how long and how often.**

Rest:

Physical activity:

Meditation and relaxation:

Thoughts:

Health care team support:

Family, friends, work, school:

When I feel better, my back on track plan will be:

*I will start by walking for 10 minutes instead of my usual 15 minutes*

I will reward myself when the flare up settles by:

*I will spend extra time at the park with my friends*

## Review

Did your prevention plan work? Why or why not? Problem solve and write down your new ideas.

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Did your management plan work? Why or why not? Adjust plan and try again next time.

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## References

*Developing a flare up plan* by the Toronto Academic Pain Medicine Institute  
*Flare Up Plan* by the Pain Management Network

Icons from Flaticon [clock](#) [flame](#)