

## BASIC ACTIVITIES OF DAILY LIVING HOME CARE INSTRUCTIONS

### ACUTE PHASE - New injury, aggravated old injury, constant pain, or pain with movement

- If your head/neck/back movement is restricted in any way, be very aware that your ability to drive safely (especially if an unexpected head movement is required) may be impaired. Think ahead and drive defensively!
- Allow your body to move in its pain-free range of movement.
- Use proper body mechanics at home and work. FOLLOW DO'S AND DON'TS ATTACHED.
- Limit continuous sitting. Get up and move around at least once per hour.
- Your muscles will hurt less by periodically lying down to rest them.
- **Heat**, do **NOT** use heat on a fresh injury. This will feel good while applied but will increase swelling and make the area hurt worse afterwards. When in doubt always use ice.
- **Ice**, with active swelling and aggravation of joints you need to apply a gel ice pack to the area of pain for 20 minutes (no more). (Wrap a moist hot wash cloth around the cold pack to make the initial application more tolerable.) The area will feel cool, achy, and then numb--the desired effect.
- Use an ice pack on the painful area for 20 minutes every 2-3 hours. (Do not apply ice for longer than 20 minutes at a time.)
- **Biofreeze** massage into the muscles of the affected area. (Do not apply Biofreeze more than 4 times daily.) Topical muscle pain reliever.
- Drink 4-5 glasses of water per day, minimum.
- Many people in pain tend to over-utilize over-the-counter pain medications which damages the stomach, intestinal tract, kidneys, liver, causes further joint destruction, and allows you to over do it because your "safety alarm", pain, has been turned off.
- Do the recommended exercises as they are prescribed, but discontinue any one causing pain and notify me.
- Do your best to avoid sleeping with your neck in an awkward position, use a cervical pillow. Do not sleep on your stomach.
- Avoid vigorous coughing and/or sneezing. (This can easily aggravate neck and back pain.)

- **Glucosamine Sulfate** 1000mg 2 times per day. This will reduce inflammation and provide nourishment for the joints to heal without side effects. Helps regain disc height.

**MyoCalm P.M.** 1-2 tablets up to 4 times per day for muscle spasm and pain

**Saloxicin** 2 tablets 2 times per day for inflammation and pain

(THESE SUPPLEMENTS ARE AVAILABLE IN OUR OFFICE.)

- Your pain may be lessened by: Mental concentration on work or other activities, sleep. emotional control
- Your pain may feel worse with:
  - a) anxiety, uncertainty and fear (If you strive to understand and follow my treatment plan and instructions, these emotions will be minimized.)
  - b) ingestion of alcohol increases swelling, use of stimulants such as caffeine or nicotine increases pain
  - c) changes in weather (especially cold and high humidity)
  - d) hormonal changes such as stressful situations and the menstrual cycle
  - e) using medications to ease the pain, then performing activities that you couldn't tolerate without the medication

### HEALING/REPAIRING PHASE - Occasional pain, sore, stiff

Even though you are almost out of pain, you still need to follow your treatment plan to achieve the best outcome. Some patients mistake being pain free for being well and experience a relapse after stopping treatment too soon. Incomplete rehabilitation of an injury will lead to degenerative changes and arthritis.

### CHRONIC PHASE - Stiffness occasional soreness after overexertion

- Continue stretches and exercises and continue increasing activity level.
- You may find you are stiffer and feel achy in the early morning, loosen up through the day and then become stiff again in the evening.
- A hot shower and gentle range of motion exercises will help you to loosen up and feel relaxed. (See attached exercise instructions) If you feel stiff after using heat, follow with ice for 20 minutes (no more).

If you are unsure, or you have any questions concerning any of the above instructions, make sure you talk to me BEFORE proceeding.

If your condition changes, or you are at all concerned about it, call immediately. My home number is: 676-7151.

Other: \_\_\_\_\_  
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