

Chronic pain management can be complex, and non-pharmacological approaches are essential in living well with pain in the long-run. Below, are resources and links that may help to point you in the right direction.

## Links to various Canadian/International resources:

- The Canadian Pain Coalition**  
[www.canadianpaincoalition.ca](http://www.canadianpaincoalition.ca)
- The American Chronic Pain Association**  
[www.theacpa.org](http://www.theacpa.org)
- PainBC** [www.painbc.ca](http://www.painbc.ca)
- Pain Australia** [www.painaustralia.org.au](http://www.painaustralia.org.au)
- Retrain Pain Foundation** [www.retrainpain.org](http://www.retrainpain.org)  
*patient focused; available in multiple languages*
- The Free Mindfulness Project**  
[www.freemindfulness.org/download](http://www.freemindfulness.org/download)
- Prevention in Hand (CFPC & PHAC)** (Search for “pain”)  
<http://preventioninhand.com/Home.aspx>
- Positive Coping with Health Conditions:**  
[www.comh.ca/pchc](http://www.comh.ca/pchc)
- WellHealth:** <https://thewellhealth.ca/cncp> See Supporting Material tab – & look for *Patient Resources*

## Videos: YouTube:

**Doc Mike Evans** videos, homepage: <https://www.youtube.com/user/DocMikeEvans>

Low Back Pain: <https://www.youtube.com/watch?v=BOjTegn9RuY>

Best Advice for People Taking Opioids: <https://www.youtube.com/watch?v=7Na2m7lx-hU>

**Understanding Pain in Less Than 5 Minutes:** <https://www.youtube.com/watch?v=5KrUL8tOaQs>

**One Minute Meditation:** [www.youtube.com/watch?v=F6eFFCi12v8](http://www.youtube.com/watch?v=F6eFFCi12v8)

## Links to various Saskatchewan resources:

**Saskatoon:** <https://www.saskatoonhealthregion.ca/painmanagement>

- Clinical Health Psychology** (Ellis Hall) – by referral (free); relaxation MP3 recordings available free online  
[https://www.saskatoonhealthregion.ca/locations\\_services/Services/cdm/Pages/Programs/Clinical-Health-Psychology.aspx](https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/Clinical-Health-Psychology.aspx)
- First Step Program** (wellness: via education, strength training and aerobic exercise) – Field House:  
<https://www.saskatoon.ca/parks-recreation-attractions/recreational-activities-fitness/registered-programs/first-step-program>
- Pelvic Floor Rehab Program** – (men/women); <http://www.sasksurgery.ca/provider/pelvicfloor.htm> (free)

## Regina:

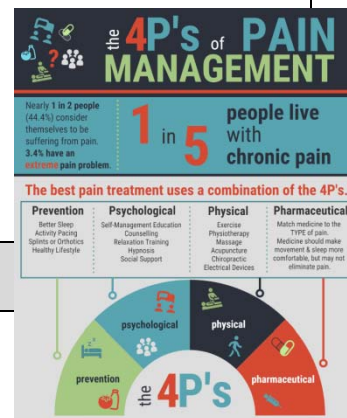
- Love2Live:** healthy living program with the Paul Schwann Centre; requires physician referral.  
<https://www.uregina.ca/kinesiology/dpsc/love-2-live/index.html>
- Forever in Motion Program:** drop in exercise <http://www.rqhealth.ca/department/health-promotion/forever-in-motion>
- Wascana Rehabilitation Centre Adult Outpatient Education Program:** Chronic Pain Self Management Education Program: 1 afternoon a week x 6 weeks, can self refer. Phone: 306-766-5714

## SK Resources:

- LiveWell with Chronic Pain Workshops** (check your local area!) (free)  
Saskatoon: [https://www.saskatoonhealthregion.ca/locations\\_services/Services/cdm/Pages/Programs/Chronic-Pain.aspx](https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/Chronic-Pain.aspx)  
Regina: <http://www.rqhealth.ca/department/health-promotion/livewell-with-chronic-pain-and-livewell-with-chronic-conditions-programs>  
North Battleford: call (306) 446-8613 or, 1-888-922-5867
- Spine Pathway Clinics:** Regina/Saskatoon: <http://www.sasksurgery.ca/provider/spine.html> (free)
- Physiotherapy:** Private; or may be available free through your local health centre (limited, free)  
[https://www.saskatoonhealthregion.ca/locations\\_services/Services/Physical-Therapy/Pages/SHR-Physical-Therapy-Services.aspx](https://www.saskatoonhealthregion.ca/locations_services/Services/Physical-Therapy/Pages/SHR-Physical-Therapy-Services.aspx)
- Interventional Pain Clinics:** available in different health centres
- SaskPain** (Saskatchewan Pain Professional Practice Group): <http://www.saskpain.ca/>
- Pain & Addiction Management Resource:** [www.SaskPainAddiction.com](http://www.SaskPainAddiction.com)
- Online CBT for chronic pain & depression/anxiety (U of R):** <https://www.onlinetherapyuser.ca/pain> (free)
- Local Library:** informational/educational resources (free)
- medSask:** drug information (professional, consumer): <https://medsask.usask.ca/> (free)
- MAC** (Medication Assessment Centre, U of S): <http://www.usask.ca/pharmacist/about-mac.php> (free)
- SK Alcohol & Drug Services (Substance Use Disorders, Addictions)** <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/alcohol-and-drug-support/alcohol-and-drug-services>

# Four P's of Pain Management

Pharmacological	Psychological
<ul style="list-style-type: none"> <li>- Match medications to the types of pain (e.g. nociceptive, neuropathic, central sensitization)</li> <li>- Consider analgesic and non-analgesic adjuvant classes of medication (acetaminophen, NSAIDs, steroids, opioids, muscle relaxants, anti-convulsants, anti-depressants, medical marijuana, sleep aides, interventional analgesia e.g. nerve block, intrathecal pump)</li> <li>- Goal of medications is to make you comfortable enough to move, participate in activities, and improve sleep, not necessarily to eliminate pain</li> <li>- Consider bowel care regimen with opioids</li> </ul>	<ul style="list-style-type: none"> <li>- Pain neurophysiology education</li> <li>- Stress management</li> <li>- Spirituality (e.g. prayer, meditation, smudging)</li> <li>- Relaxation (e.g. imagery, deep breathing)</li> <li>- Acceptance based therapy</li> <li>- Mindfulness</li> <li>- Cognitive behavioral therapy (CBT)</li> <li>- Hypnosis</li> <li>- Social support</li> </ul>
Physical	Preventative
<p>Passive</p> <ul style="list-style-type: none"> <li>- Thermal (heat/cold)</li> <li>- Manual therapies (e.g. massage, joint mobilizations or manipulations)</li> <li>- Electrical (e.g. TENS, spinal cord stimulation, peripheral nerve stimulation, deep brain stimulation)</li> <li>- Acupuncture</li> </ul> <p>Active</p> <ul style="list-style-type: none"> <li>- Therapeutic exercises (e.g. flexibility, strength)</li> <li>- General activity (e.g. cardiovascular fitness)</li> <li>- Interrupt sedentary time</li> <li>- Physical activity goals:             <ul style="list-style-type: none"> <li>□ General health: 150 min+/week of moderate to vigorous activity in at least 10 minute bouts for adults</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Splints, braces, orthotics</li> <li>- Mobility aides (e.g. cane, wheelchair)</li> <li>- Postural or positioning changes (e.g. sleeping surfaces – mattress and pillow; chair)</li> <li>- Activity pacing</li> <li>- Ergonomic set up of work stations</li> <li>- Sleep hygiene education and training</li> <li>- Lifestyle changes (e.g. weight-loss, healthy eating, smoking cessation)</li> <li>- Condition/disease management (if applicable)</li> </ul>



- Type or amount of treatment will depend on type of pain and individual characteristics and preferences
- Pain management strategies should be reviewed regularly to ensure effectiveness and minimal side-effects depending on nature of treatment and patient risk profile

## Additional Resources for Non-Drug Pain Management Approaches

Household chores: <http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/PainClinicHouseholdChores-th.pdf>

Fitness at home: <http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/PainClinicFitnessAtHome-th.pdf>

Related Video: 23 & ½ Hours: <https://www.youtube.com/watch?v=aUainS6HIGo>

Canadian Physical Activity Guidelines: [http://www.csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_adults\\_en.pdf](http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf)

[http://www.csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_older-adults\\_en.pdf](http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf)

Exercise Prescription – RxFiles: a) pdf - <http://www.rxfiles.ca/rxfiles/uploads/documents/Exercise-RxFiles-Rx.pdf>

b) modifiable template: <http://www.rxfiles.ca/rxfiles/uploads/documents/Exercise-RxFiles-Rx.doc>

