

FLARE UP PLAN

Points to remember

- Flare-ups are common, predictable and manageable
- Have a flare-up plan- BEFORE you upgrade your activity
- Don't panic- If managed well, flare-ups usually settle quite quickly
- Cut back activity, but don't stop- any activity is better than no activity
- Try and keep rest periods short – less than 30 minutes
- Use positive self-talk
- Monitor your improvement through the flare-up

Even with a successful pain management plan in place, flare ups of your pain, beyond the normal fluctuating levels can sometimes occur. It is important that you remember that there are ways you can manage to stay in control of your pain, even during these particularly challenging times.

By preparing a FLARE UP PLAN, when your pain levels are manageable, you can then rely on the plan to help direct you when your pain is more severe. It allows you to put in place strategies to get you through the hardest of times.

A Flare-up plan has two parts:

1. *A plan to manage risky situations*
2. *A plan of WHAT TO DO if a flare-up happens*

By implementing your FLARE UP PLAN, you are giving yourself the best chance of maintaining your great gains towards successful pain management.

Plan to manage risky situations



Plan of WHAT TO DO in a flare up



Flare
Up
Plan

PLAN FOR RISKY SITUATIONS

High risk situation or trigger / What are the warning signs?

How can I best manage this risky situation?

High risk situation or trigger / What are the warning signs?

How can I best manage this risky situation?

High risk situation or trigger / What are the warning signs?

How can I best manage this risky situation?

PLAN TO- “MANAGE” A FLARE UP

Strategies to minimize flare-up intensity:

Consider the following:

Medications:

Physical Activity:

Rest:

Meditation/Relaxation:

Healthcare Team Support:

Family, Friends & Work:

If I have a pain flare up, I will do this for the next few hours:

If I have a pain flare up, I will do this for the next few days:

Back on Track Plan:

I will reward myself once the flare up settles by: