

# MANAGING PAIN: QUESTIONS TO ASK YOUR HEALTH CARE PROVIDER

Asking questions about your treatment plan is a great way to ensure that your health care provider understands your goals and that you can partner in your care. These questions can help you start that conversation.

## PAIN QUESTIONS

- Why do I have pain?
- How long will it take for me to heal from this injury or surgery?

## SELF-MANAGEMENT QUESTIONS (WHAT CAN I DO?)

- What activities should I avoid?
- How can I speed up the healing process?
- How can I go back to what I was doing before I had pain?
- Is there anything else I can do to feel better?

## MEDICATION QUESTIONS (IF APPLICABLE)

- Why are you giving me this medication? What will it do for me? How long do I need to take it?
- What will happen to me if I take this medication? What is the risk of addiction? What is the effect of not taking this medication?
- Is this medication an opioid? Are there other medications I could take instead?
- Are there other options, such as physical therapist treatment, that I can try instead of (or in addition to) medication?