

# COGNITIVE BEHAVIORAL APPROACH TO ACUTE PAIN

Acute pain often involves more than just physical symptoms- the relationship between thoughts, feelings and behaviors impacts how quickly you can develop adaptive coping skills, control your own pain, get back to activities you enjoy, and decrease the likelihood your pain will become chronic.

Lets follow two separate paths of an acute pain journey below:

## Unhelpful

*"My back will never get better"*

*"I can only return to work when my back is completely pain free"*

*"Walking only makes my back worse"*

*"Only medication will make my back pain go away"*

## Thoughts



## Helpful

*"Although my back hurts now, I can use the techniques my clinician showed me to improve my pain"*

*"My doctor said my injury is healing and staying active is important, even if it is somewhat painful at first"*

*"I can make small changes that will help me feel better and get back to normal life"*

## Feelings

Depression/Anxiety

Anger and frustration

Low mood and hopelessness

Fear of movement



Hopeful and resourceful

Increased self worth

Sense of control and empowerment

Adapting and Acceptance

## Behavior

Avoidance and Isolation

More reliant on medications

More time off work

**Longer recovery, high risk of chronic pain**



Active and engaged in recovery

Improved quality of life

Better coping skills

**Pain might not be absent, but able to recover quickly from acute pain and flare-ups**



For more information on the power of activity and self-empowerment, visit :

<https://mibac.org/managing-your-back-pain/>

