Managing Chronic Pain

Word Bank
Acupuncture, Biofeedback, Chronic pain, Distractions, Glucosamine, Occupational therapy, Physical therapy, Signal, Strength training, Talking, Walking, Yoga

Across
2 Pain that occurs constantly, for weeks, months or even years (2 Words)
3 A common treatment for chronic pain that involves the use of needles
5 Doing this with other people who suffer from chronic pain may help you feel less isolated and more in control
6 One of the best prescriptions for relieving chronic pain
7 Teaches you how to control certain body processes that normally happen without thinking (heart rate, blood pressure)
8 This is sent from your nerves to your brain, resulting in pain
10 Supplements such as this may help to manage pain daily
11 Involves learning exercises and getting treatments that help increase mobility and building strength (2 Words)
12 May reduce pain as effectively as taking medication (2 Words)

Down
1 Helps you work around pain, teaching you new ways to do things, like button a shirt (2 Words)
4 Doing things like reading or playing a game can cause the areas in your brain that process pain to be less active
9 Regularly engaging in this activity can ease pain, increase function and improve mood

Answers on back
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