

Pain Control Techniques: What Can You Do?

By: Robert H Phillips Ph.D.

Chronic pain poses many challenges. Although doctors are great resources, no one knows pain like you. Because pain is personal it is important that you involve yourself by taking the necessary steps to manage pain. This article outlines how to keep a pain journal to facilitate your pain management. It provides a detailed description of what to include in your journal and when you should consult medical professionals regarding pain management. By taking pro-active steps towards pain management, you can greatly improve your overall health and wellbeing.