

Chronic Pain Care Plan

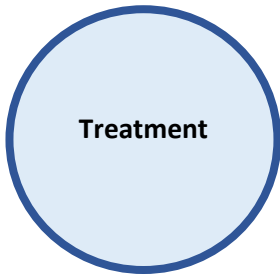
This plan lays out the key information that the provider and patient agree will be used to manage the patient's pain.

Today's date: _____ Diagnosis for chronic pain: _____



Goals

Examples: specific activity, hobby, or sport, improve sleep, increase physical activity, manage stress



Pain Management Plan

Medications: _____

Other therapies: _____

Self-Care Activities: _____

Referrals: _____

Examples: physical therapy, exercise, cognitive behavioral therapy, mindfulness



Return to clinic in: _____

Let me know if: _____

