Parent/Patient Decision Diagram

Pain relievers other than Tylenol
(Call clinic with questions)

Tylenol
(Recommended

Creams for heat/pain relief

Ice bath

MEDICATIONS

Thermal gloves

Rag-doll stretch

Warm bath/shower

What do I do for Pain and/or Stiffness?

HEAT OR ICE

EXERCISE

Cold pack

Microwave hot pack

Range of motion

Electric blanket

DISTRACTION TECHNIQUES

Paraffin dip

Positive thinking

Meditation

"Light" massage