Parent/Patient Decision Diagram

MEDICATIONS

- Tylenol (Recommended)
  (Call clinic with questions)
- Pain relievers other than Tylenol

HEAT OR ICE

- Ice bath
- Thermal gloves
- Warm bath/shower
- Cold pack
- Microwave hot pack
- Electric blanket
- Paraffin dip
- Creams for heat/pain relief

EXERCISE

- Rag-doll stretch
- Range of motion

DISTRACTION TECHNIQUES

- Meditation
- "Light" massage
- Positive thinking

What do I do for Pain and/or Stiffness?