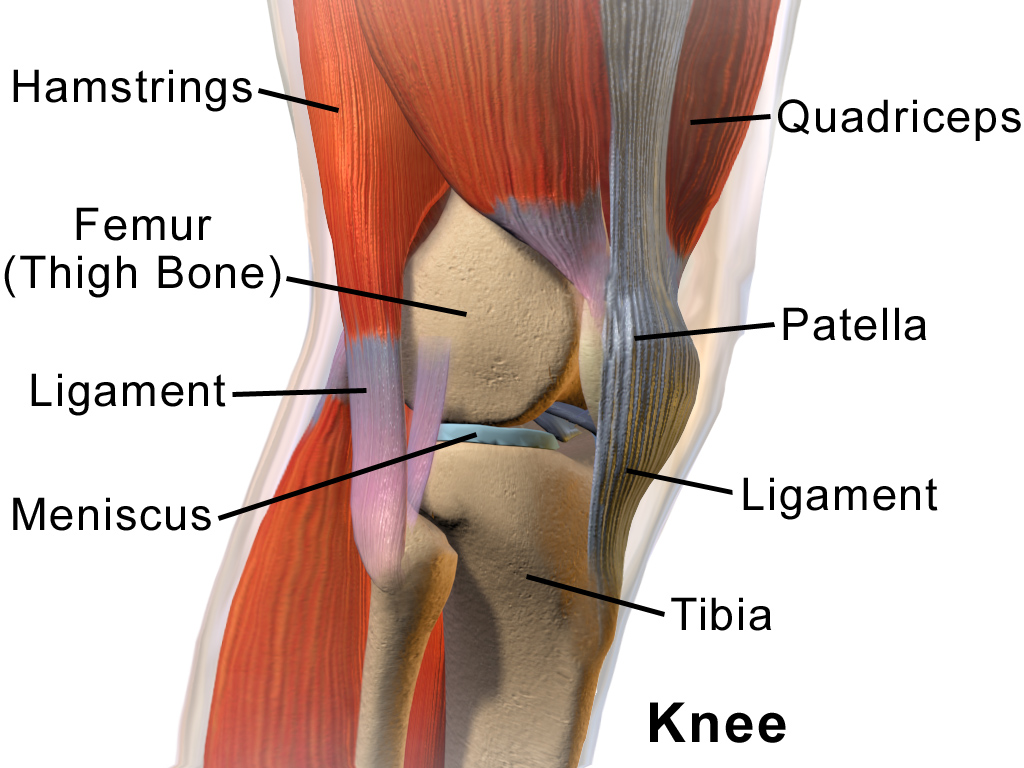
**Positive Pain Coping Strategies for Knee Osteoarthritis**

**General Overview:**

**Treatment Options:**

* Physical therapy
  + Individualized exercise program
    - Lower body strengthening program
    - Balance program
    - Aerobic exercise
  + Aquatic therapy
  + Joint mobilizations and massage
  + Knee brace
  + Shoe modifications
  + Assistive device use
  + Education
* Lifestyle Modification
  + Exercise
    - 150 min of moderate exercise/week
    - Resource: [http://www.arthritis.org/living-with-arthritis/exercise/](https://outlook.unc.edu/owa/redir.aspx?SURL=IGiTjDpuYnuimuflKAFhxXIw2igZV5zVWnuvaDy7wU_tV77ruVLTCGgAdAB0AHAAOgAvAC8AdwB3AHcALgBhAHIAdABoAHIAaQB0AGkAcwAuAG8AcgBnAC8AbABpAHYAaQBuAGcALQB3AGkAdABoAC0AYQByAHQAaAByAGkAdABpAHMALwBlAHgAZQByAGMAaQBzAGUALwA.&URL=http%3a%2f%2fwww.arthritis.org%2fliving-with-arthritis%2fexercise%2f)
  + Weight loss
* Surgery, medication, injections

**Pain Science:**

* Pain is initially caused by tissue damage
* Central sensitization: Brain and spinal cord changes can increase the body’s response to continued, chronic pain signals
* Gate Control Theory: Nerve signals to the brain that can change how we experience pain
  + Examples:
    - Feeling fear/anxiety increase pain
    - Using ice/heat, distracting yourself can decrease the pain

**Pain Coping Strategies:**

|  |  |
| --- | --- |
| **Pacing**  Unknown-2 | Schedule out how much time it will take to do an activity. Alternate between activity and rest periods when performing activity. |
| **Activity Persistence** | Continue to perform an activity despite the initial pain sensation |
| **Pleasant Activity Scheduling** | Plan activities throughout the day that you can look forward to and enjoy |
| **Distraction** | Use visual, auditory or guided imagery to distract yourself from the pain.  Focus your attention on an unaffected body part and imagine warming up that body part. |
| **Relaxation Response** | Perform progressive muscle relaxation  Perform deep breathing techniques |
| **Identifying and Challenging Negative Thoughts** | Notice negative thoughts during increased periods of pain. Challenge negative thought with questions. Counteract negative thoughts with self soothing statements. |
| **Goal - Setting** | Write out monthly exercise goals, track progress toward goal and have an accountability partner. |
| **Self - Efficacy** | Believe that you are able to accomplish the steps required to complete a task. Ways to improve self efficacy:   - Complete a task successfully  - Receive positive feedback   - Be in tune with your physiologic state  - Watch others with knee OA complete the same task |

