**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:**

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| **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  |

