

Four “Types” of Pain

Pain Management for After Surgery and Injuries for Dr. Skedros’ Patients

In order to optimize physical therapy and recovery, it is important to have good pain control. Remember, we can’t eliminate your pain, but we will reduce it and manage it.

But, it is equally important to do this safely. Be cautious; don’t drive a motor vehicle if you are taking narcotic pain medications.

Four Pain Categories = Four Medication Categories:

1. **Raw Pain: For Pain after surgery:** Take meds regularly, but plan to wean off 1-2 months after surgery.

For Pain after therapy: Take one or two hours before therapy – wean down as able

2. **Spasms: Take 3-4 hours before therapy**

Usually Use:

Flexeril (Cyclobenzaprine)

Robaxin (Methocarbamol)

3. **Anti-inflammatory for “inflammation pain”** --- which is achy, moderate in intensity, and lasts during the day.

Typically take regularly during the first few weeks of physical therapy.

Stop taking if you get heartburn, upset stomach, and/or increased blood pressure.

Usually Use:

Ibuprofen, Aleve, Arthrotec, Relafen, Celebrex

4. **Neuropathic:**

Nerve related; this can be burning and may be associated with numbness.

Usually Use:

Lyrica or Neurontin