



“MY FLARE PLAN” ONE-PAGE TOOL

When pain flares, I will try (check 3):

- ☐ pacing (do less now, more later)
- ☐ short walk / gentle movement
- ☐ heat or ice
- ☐ breathing / relaxation technique (box breathing- 4 seconds inhale, 4 seconds hold, 4 seconds exhale, repeat after 4 seconds)
- ☐ sleep routine tonight
- ☐ anti-inflammatory strategy if permitted (ask your clinician)
- ☐ acetaminophen if permitted
- ☐ topical medication (e.g., diclofenac gel) if permitted
- ☐ call clinic if severe or prolonged

Things that worsen my flares:

Red flags (seek urgent care):

- new weakness/numbness
- bowel/bladder changes
- fever / infection signs
- severe worsening pain without explanation

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