



“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

info@premierpain.ca

647 477-7050