

Techniques for Coping with Pain and Discomfort with Exercise

3-Step Problem-Solving Strategy

1. Focus on the problem that is most on your mind.
2. Ask yourself: “What might be causing this pain or discomfort?”
3. Try out different solutions.

Now:

- Use heat and/or cold compresses
- Gentle self-massage
- Use 2-Hour Pain Rule (cut back?)
- Use medication*
- Focus on something else
- Change your self-talk
- Reinterpret your sensations
- Relabel your symptoms

Long-term:

- Maintain an appropriate weight
- Use elastic supports or braces
- Use a walking stick or cane*
- Use a shoe insert or orthotic*



*Consult with your health care provider