

My Action Plan

Spine Assessment Clinic (SAC)

What can I do to help my neck or back pain?

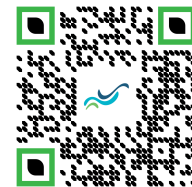
Neck and back pain can be caused by many things. Combining movement, healthy habits, and pain management strategies often works better than one treatment alone.

- Use tools that change your pain (like heat or ice packs, stretching, relaxed breathing)
- Stay active: activity is a safe and important way to build your strength
 - › Try walking, swimming, or biking
 - › Start slowly and do more over time
- Move more: change your posture and move when you can
- Eat healthy, balanced meals and drink lots of water
- Manage your blood sugar levels (if you have diabetes)
- Stop smoking or smoke less
- Stop drinking or drink less alcohol
- Work on managing stress
 - › Spend time with your loved ones
 - › Spend time outside
 - › Try a hobby
 - › Regulate your nervous system with breathing, yoga, or calming techniques
- Practice good sleep habits
 - › <https://mysleepwell.ca/wp-content/uploads/2024/06/10-TIPS-FOR-BETTER-SLEEP.pdf>

Scan the QR code on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



- Learn more about pain
 - › <https://library.nshealth.ca/Patients/ChronicPain/About>
- It is normal to have setbacks: make a plan before they happen.



Share and talk about your plan with your primary health care provider (family doctor or nurse practitioner).

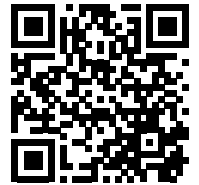
Resources

☐ Physiotherapy _____

☐ Occupational Therapy _____

☐ Recreation programs _____

☐ Power Over Pain Portal
› <https://portal.poweroverpain.ca/>



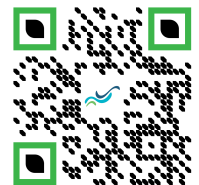
☐ Community Health Teams programs (free programs in Halifax)
› www.nshealth.ca/clinics-programs-and-services/community-health-teams



☐ Healthy NS (free, online health and wellness classes)
› www.nshealth.ca/primary-care-and-family-medicine/healthy-ns



☐ Chronic Pain Self-Management Program
› www.nshealth.ca/clinics-programs-and-services/chronic-pain-self-management-program



Next steps:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.