

The SELF-TREATMENT book to control your pain.
Evade Pain-Treat-Repeat Cycle.

I AMPAINFREE

(at my workplace)

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#Low back pain #Muscle Pain #Wrist Pain
#Shoulder Pain #Thumb Pain

Find Out How to Relieve your Acute and Chronic Pain.

Rosemarie M. Pabatao, P.T.R.P.

Jo-Ann I. Bautista, R.M.T.

**I AM PAIN FREE
AT MY WORKPLACE**

This book will guide you with urgent pain treatment, help you correct your poor work habits, relieve pain and discomfort, improve work performance, reduce absenteeism and promote quality of life at work.

By

ROSEMARIE M. PABATAO, P.T.R.P.

JO-ANN I. BAUTISTA, R.M.T.

Always remember, PREVENTION is a never-ending plan of action.

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THE AUTHORS

The authors are registered medical health professionals and successful entrepreneurs. In another endeavor, they run a construction, design and build company engaged in residential, commercial and industrial projects and also secured a diploma in Interior Design.

For this book, the authors are motivated to write for you and teach you about useful approaches to identify, evaluate and treat your own pain to have a quality of life you deserve.



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wide spectrum of patients, including pediatric, adolescent, adult and geriatric.

Rosemarie's exceptional patient-service skills and clinical excellence will be demonstrated in this book to help you understand better the source of your pain, teach you self-evaluation and immediate, safe, self-help treatment.

She co-authored a Life touching book entitled:

It's Not JUST Science; Depression is Real



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Patient Compliance to Pregnancy Wellness Program in Controlling the Complications of Gestational Diabetes.

Comparison of locally applied Prostaglandin E2 (PGE2) gel vs. Laminaria for cervical ripening in cases of missed abortion.

A Rare Case of Uterine Rupture In Second Trimester Of Pregnancy To Prevent The Onset Of Irreversible Maternal And Fetal Physiologic Damage

The Empirical Evaluation of Adverse Outcomes of Chronic Kidney Disease (CKD) In All Trimesters Of Pregnancy.

Holistic Approach In The Screening Of Diabetic Retinopathy.

She co-authored a Life touching book entitled:
It's Not JUST Science; Depression is Real

She also contributed to the following syllabus for a training company:

Leadership and Delegation

Leadership and influence

Quality Management

Strategic Management

Employee Motivation

Enterprise Dynamics

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DEDICATION

To all hardworking people, suffering from all kinds of pain at the workplace, you inspired us to write this book.

Last but not the least, to our families and friends, for their endless support.

This book is greatly dedicated to you.

INTRODUCTION

Do you feel transient or lingering pain in your shoulders, thighs, buttocks, knees, wrists, and back?

It's time to take Control of your Pain.

We wrote this book for you because we want to address the unique, unbearable pain you have, which kept you away from work, stole your time from your loved ones and from the things you love to do most. This book is a clear immediate solution because you can get to the bottom of your pain problem acquired from the WORKPLACE. Practically your pain problem deepened because you cannot take time off to give attention to it. It's time to end your agony and begin a pain free work life through the preventive measures we have for you in this book.

Medications will not be discussed here because these only mask the real causes of your pain and repel a hands-on approach which we aspire for you to gain from this book.

What is Our Goal by the End of This Book?

THIS BOOK WILL GREATLY HELP YOU identify the source of your pain. This will teach you apply corresponding first aid treatment to relieve you of pain and the misery of discomfort. You will get to know your body more and you will eventually learn how to take care of it, away from the sources of pain including your bad habits.

This book offers a holistic approach and is a collection of several, individual books about different kinds of pain and tailor-fitted just for you. This will be your constant companion from now on. We hope you will gloriously return to and stay at WORK after reading this.

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ONE

D.I.Y. STRATEGY versus PAIN-TREAT-REPEAT CYCLE

Depending on your pain tolerance, your response to pain or tenderness varies; it may render you dysfunctional or you may just disregard it, take a pain reliever at once or you may choose to complain to your doctor or physical therapist endlessly. It is truly obnoxious when they cannot comprehend the reason and pinpoint the culprit; worse, some diagnostic examinations completed on you cannot speak for your condition because everything seemed to be normal, yet you are living a life with fear of the unknown. There is a missing link in your pain story.

As you go along, one of the chapters in this book may help you address your specific pain problem. Together we will focus on the active treatments but we are perplexed if this book can actually get to the bottom of your concern.

Like any other pain treatment book, this book will not just teach you the diagnosis and treatment; our goal here is to completely achieve your "pain-free-self" and not just to be "mechanically out of pain"? What is the difference between the two?

Let's try to move forward a bit. As an example, you have an MPS on your neck. You will be getting through chapter five and discover the probable *cause of your injury*; you will learn the process of *self-evaluation* and manage your way out of pain by means of *self treatment*. However, because you are still working on the same scenario, you can envision it coming back and repeat the whole treatment process in full circle, yet this is not how you want it to turn out, right? Your habit or work condition routinely engages you in a **Pain-Treat-Repeat Cycle**, which is the perfect definition of a mechanical pain management and the exact opposite of a successful pain free treatment. This can impart you some degree of frustration and can destroy your belief that you can help yourself in treating your own pain. Is there a truth to a pain free treatment? How can we arrive to that?

What if we will work together on a structured pain management that will remarkably touch the rock bottom of your pain problem?

In this book, we uniquely developed this mapping approach called **D.I.Y. Strategy**, to help you locate where your pain is generated and lead your journey out of agony. Sensibly, when you are able to master it, you can also use this tool in some real-life circumstances to be able to find your own solutions because this strategy will also help you zero-in the real source of your worrisome.

D.I.Y. Strategy

D-Discover the source of your (Pain) Problem

I- Isolate Triggers of your (Pain) Problem

Y- Yearn to be (Pain) Free

How can we make this work?

This strategy is set to find out the evil bottom of your pain problem which has turned into chain of events affecting you unfavorably causing you physical pain.

With this, you can:

1. **D-Discover the source of your Pain Problem**

Work on discovering the source of your pain by means of gathering hints on how and when it started in reference to your previous activities which may have caused your injury.

You may ask yourself: "What have I done wrong?"

2. **I- Isolate Triggers of your Pain Problem**

Pinpoint or narrow down the closest cause from the gathered hints like symptoms or events.

How can you isolate the real culprit? You can isolate it by deductive reasoning; it is, when you eliminate the most particular cause out of the picture, your pain will also disappear, meaning it is the highly considerable cause among the hints.

Answer the question: "What among these premises is the most to cause me pain?"

3. Y- Yearn to be Pain Free

At last you have identified it! Straight away, you did great in mapping the main cause of your pain problem. Apply the treatments prepared in this book which are fitted to your pain problem and the recommended prevention program. From this point, you can remain in control of your situation and no tenderness can beat you in yearning to be pain free.

Always remember that this strategy works more on the prevention perspective. You have to master and keep in mind the hints which led you to your main concern and vow not to do it again.

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TWO

FREQUENTLY ASKED QUESTIONS

Back Pain should not only be viewed as an illness. In most circumstances it is a normal occurrence in your work life, particularly if you do not observe proper approach in every aspect. It is also a part of aging process, lifestyle and a lot more.

Before we get the ball rolling, you must understand that learning how to evaluate yourself and finding the best way to deal with it, entail a lot of patience and time. It will always be a battle of the fittest, but this time your opponent is your own self and your poor work habits.

In my practice as a physical therapist, I was often asked with these questions. Most of the time, the patients just want me to sympathetically dig around to find out what triggered their attack from recent activities coupled with complicating poor habits and some instant treatments they sought out which caused them the existing symptoms. In some occasions, you might have likewise asked the same questions as the ones below.

" My _____ hurts, what shall I do to relieve my pain?"

"How long would it take me to recover from my pain?"

"Why is it that painful even if I take pain relievers?"

"What else can I do if I can't come regularly for treatment?"

"How can I prevent low back pain while I'm still driving for work?"

"How can I prevent low back pain while I'm still doing prolonged sitting?"

"Why is it that aside from low back pain, my wrist and shoulder also hurt?"

"What else can I do if I can't exercise regularly?"

"How can I prevent this from happening again?"

"Can I just do my treatment exercises on free time because I'm busy at work?"

"What are the causes of my _____ pain?"

"Why does my knee hurt when seated for prolonged periods?"

"Should I have a massage to relieve my lower back/ neck/ shoulder pain?"

The answers to these tricky questions would definitely rely on your lifestyle. I said tricky because even your physician would have a hard time telling you the answers, because every source of pain is complex and unique. It is to say: get to know your body well and listen to it and tell me your pain story. It's time to shift your old habits gradually which caused you to ask these painful questions.

YOUR PAIN IS REAL. But you do not have to grow desperate because you can always do something about it. And also, when the point comes that you do not feel change, do not quit. Your body is just taking its time to recover on its own pace, with your help of course. PAIN CONTROL IS IN YOUR HEAD and your body will surely follow. When you do the treatment exercises and it hurts, TRAIN YOUR BRAIN TO BLOCK THE PAIN; I have seen this worked in some of my patients. They believed when you feel pain, you generate more pain sensation, so they mentally numbed themselves from pain and it worked for them. You just have to convince yourself and whisper "it's not painful". Lastly, always believe that you will be sound despite how painful it is now. It is just a matter of choice.

SEVEN

PREVENTION

How can Proper Body Mechanics save you from pain and discomfort?

Our spine is prone to restless trauma when we do not move properly, safely and observe proper body mechanics, in due course this can lead to degeneration of spinal structures like discs and joints, injury, and unnecessary wear and tear accompanied by muscle pains.

What are proper body mechanics?

Body mechanics refers to the way we move during daily activities. Proper body mechanics can help you avoid injury and muscle fatigue.

Follow these 3 guidelines of proper body mechanics:

- When lifting, do not bend from the waist. Contract your abdominal muscles; bend over slightly using the hips and squat. This helps you maintain your balance by dividing your weight evenly between your upper and

lower body.

- Spread your feet apart to create a foundation of support. This helps you maintain your balance from side to side.
- Keep your back, neck, pelvis, and feet aligned when you turn or move. Do not twist or bend at your waist.

How do I practice proper body mechanics?

When you stand:

- Keep your feet flat on the floor about 12 inches (30 cm) apart.
- Do not lock your knees.
- Keep your shoulders down, chest out, and back straight.

When you lift an object:

- Your feet should be apart, with one foot slightly in front of the other.
- Keep your back straight.
- Bend from your hips and knees.
- Do not bend at your waist.
- Lift the object using your arm and leg muscles.
- Hold the object close to your body at your waist level.
- Use the same process if you need to push or pull something heavy.

When you sit:

- Sit with your back straight and place extra support behind your lower back.
- Position your knees at 90 degrees, directly over your ankles; this will keep your spine comfortably upright.
- Ask about exercises to stretch your neck and shoulders.
- Adjust your computer so the top of the monitor is at the same level as your eyes.
- Use a paper holder so that the document is at the same level as the computer screen.
- Use a headset if you use the telephone often.
- Ideally, it should be placed right next to your keyboard so you don't overreach or twist your shoulder, arm, or wrist when clicking.

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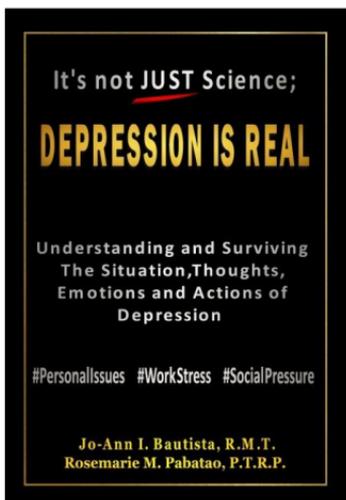
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