

STARTERS

SUNSHINE



WALK



ELEVATION



YOGA



MUSIC



EMOTIONAL SUPPORT



MASSAGE



IMAGERY



EXERCISE

MAIN COURSE

ALEVE



DRY HEAT/MOIST HEAT



OCCUPATIONAL THERAPY

IBUPROFEN



BIOFREEZE



HYPNOSIS



PHYSICAL THERAPY



ACUPUNCTURE



ASPIRIN



ACETAMINOPHEN



NARCOTIC PAIN RELIEVER

NON NARCOTIC PAIN RELIEVER

FAVORITES

WHIRLPOOL BATHS



CAMPHOR RUB



MENTHOL RUB



SLEEP



COLD



RELAXATION



PET THERAPY



VIBRATION



DISTRACTION



PORTABLE TENS UNIT

(over the counter)





**GO
AWAY**