

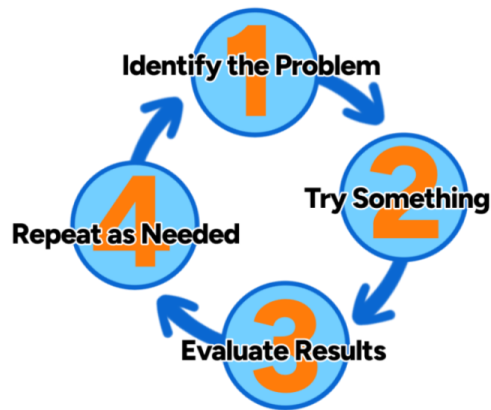


# How to Manage Pain

## (Pre- and Post-op)

There's an approach to resolving and managing pain regardless whether it is from a bad hip or something else. Watch this video for examples and instructions on how to [Manage Pain](#).

## The 4 Steps to Pain Management



### Things to Try:

1. Home Remedies:
  - a. Heat
  - b. Ice
  - c. Rest
  - d. Homeopathic remedies - I have tried these without much luck, but they may work for you. Even a placebo effect is good!
2. Over-the-Counter & Prescription Meds:
  - a. Pain relievers/NSAIDs
  - b. Sleep Aids
3. Distraction:
  - a. For me, this meant getting my fingernails painted! ➡
4. Try changing your behaviors and/or activities.
5. Talk to different non-medical professionals, see what they can offer:
  - a. Massage, Acupuncture, etc.
6. Talk to different medical professionals, see what they can offer:
  - a. Orthopaedic surgeon, Pain specialist, Physical Therapist, Family Doctor, Chiropractor, etc.





## 7. Diagnostic and other procedures

- a. Xray/MRI, Platelet Rich Plasma, Nerve Ablation, etc.
- b. Steroid injection (sometimes combined with anesthetic as a diagnostic aid)

This is not a comprehensive list, so if I missed anything, please reach out with a YouTube comment, post on my Facebook group, or email me at [Pete@HipVlog.org](mailto:Pete@HipVlog.org)

### More resources and information

Website: [HipVlog.org](http://HipVlog.org)

YouTube: [@PetesHipVlog](https://www.youtube.com/@PetesHipVlog)

Facebook: [Hip Replacement Support](https://www.facebook.com/HipReplacementSupport)

Instagram: [HipReplacementVlog](https://www.instagram.com/HipReplacementVlog)

I am not a healthcare professional.

This is not a substitute for professional medical advice, diagnosis, treatment, or care.

Please seek info from your doctor.