

Managing Pain

A non-exhaustive presentation.
Just what El knows, which is not everything.

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The importance of pain people's access to pain management solutions

- Due to stigma around pain medication, many have a harder time accessing what they need
- The solution to unsafe drug use isn't policing resources.
- Having constant pain is a self harm risk
- Increasing access to knowledge of every pain treating option will naturally lead to less dependence on habit forming medication

Methods of Pain Relief/ Management

- Kratom
- Muscle Relaxers
- Opiate medication
- Analgesic Herbs
- Antispasmodic Herbs
- Gabapentin
- MDMA
- Ketamine
- Stretching
- Lifting Weights
- Testosterone
- TENS therapy
- Chiropractic care
- Massage
- Topical pain relievers

Stretch Safe(r) Space

**Do our best to feel free to stretch and
help others feel more free to stretch**

Check In

**What needs, questions, or concerns
have come up since I've begun talking?**

Antispasmodic Herbs

- Black Cohorsh Root
- Butterbur Root
- Skunk Cabbage Root
- Valerian
- Kava
- Poppy

Analgestic Herbs

- Willow Bark
- Meadowsweet Tuber
- Mulberry Bark
- Jamaica Dogwood Bark
- Wintergreen
- Kratom

Kratom

- Described as an atypical opioid
- Tree native to Southeast Asia
- Effects depend on strain: stimulation, sedation, euphoria, pain relief, anxiety suppression
- Side effects: nausea, stomach cramps, itchiness, irritability, blurry vision, orgasm suppression
- Different people may have different experiences with different strains

Know the root cause of your pain

- It's important to know the root cause of your pain to know how to treat it.
- Types of pain
 - Inflammation
 - Musculoskeletal
 - Neuropathic – spinal cord injury, shingles, herniated discs
 - Functional – fibromyalgia, IBS, Jaw pain, chronic cardiac chest pain
 - Nociceptive- tissue damage

Muscle Relaxers (Tizanidine)

- Muscle relaxers help muscles to relax- reducing pain and discomfort.
- Used to treat spasms, cramps, & tightness in the muscle
- This may happen when muscle tissue doesn't get the nutrients they need, from overuse, fatigue, excessive heat, or strain.
- Diseases & injuries to the nervous system can also cause muscle spasms.

Building muscle for pain relief & body resiliency

- Physical therapy
- Yoga & Dynamic stretching
- Weight lifting
 - On decent pain days- Gently lift weights with a focus on the muscle groups near the area in pain.
 - Slowly learn boundaries of your body.
- HRT- Testosterone

Transcutaneous Electrical Nerve Stimulation Therapy

- Used in chiropractic offices
- Portable TENS machines can be purchased online & in store
- TENS therapy should be helpful in relieving most types of pain including
 - IBS & menstrual cramping
 - Pain caused by muscle tightness
 - Nerve pain



Topical Pain Relief

- Counter-Irritants. Act as a distraction to pain points through a cooling sensation on the skin
- Nonsteroidal anti-inflammatory drugs in topical form
- Lidocaine
- Arnica. A sunflower family herb whose flowers are used medicinally to treat stiffness and pain
- Salicylates. the same chemicals that give aspirin its pain-relieving effects, in a cream
- Capsaicin



Massage therapy

- Stimulates circulation throughout body
- Relaxes muscles
- Lowers blood pressure
- Reduces inflammation
- Increases serotonin
- Lowers the stress hormone cortisol production

Nerve Pain Medication (Gabapentin)

- Many anti-depression medications are used to treat nerve pain.
- Anticonvulsants keep the nerve cell impulses to a normal level so they don't become uncontrolled- originally used in epilepsy treatment.
- Gabapentin is not an Opioid and does not have the same effects, unless taken in excess. This is a daily medication- not emergency medication.
- Also used for neuropathic pain are muscle relaxers, ketamine, & cannabinoids.

Opioid Pain Medication (Oxycodone, Hydrocodone)

- Opioids attach to proteins called opioid receptors on nerve cells in the brain, spinal cord, and gut.
- Blocking pain messages sent from the body through the spinal cord to the brain.
- They effectively relieve pain, and carry some risk for harm.

Carry Naloxone

- Opioids can cause difficulties with breathing-also known as overdose.
- Naloxone is an antidote to opioids that will reverse the effects of overdose.
- Death following opioid overdose is preventable if the person receives basic life support & the timely administration of naloxone.