

Pain Management Comparison Worksheet

Date: _____

Instructions: Use this worksheet to compare different pain-management approaches you’ve tried. For each approach, note whether you’ve used it, rate how effective it was for your specific pain, and plan any next steps or notes for discussing with your healthcare team.

Approach	Tried (Y/N)	Effectiveness (1–10)	Notes / Next Steps
1. Medication (e.g., NSAIDs, opioids)			
2. Physical therapy / exercise			
3. Heat / cold therapy			
4. Mind-body techniques (e.g., meditation, relaxation)			
5. Acupuncture / massage			
6. TENS / electrical stimulation			
7. Topical treatments (gels, patches)			
8. Assistive devices (braces, supports)			
9. Lifestyle changes (diet, sleep)			
10. Other:			

Reflection Questions:

Which approaches provided the most relief, and under what circumstances?

Did you experience any side effects or challenges with any approach?

What combination of strategies seems most promising going forward?

What questions or concerns will you bring to your healthcare team next time?