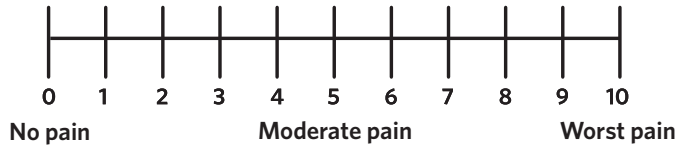


# Pain stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?



Doctor/Provider: \_\_\_\_\_

Phone: \_\_\_\_\_

My acceptable pain range is \_\_\_\_\_ to \_\_\_\_\_



## Green Zone

**I'm feeling good.**

- I can do my usual daily activities.
- I can rest comfortably.
- I am able to have regular bowel movements (BM).
- I am able to maintain my acceptable pain range with my current treatment.

## How I'll prevent symptoms today

**I will:**

- Avoid heavy lifting, bending, or twisting motions.
- Avoid lying in bed.
- Take my pain medicine as directed.
- Keep my doctor/provider appointments.



## Yellow Zone

**I'm not feeling good.**

- I am restless, confused, or cranky.
- I am more tired or have less energy for my daily activities.
- I am not sleeping well because of how I am feeling.
- I have not had a regular bowel movement within the last 3 days.
- I am not able to maintain an acceptable pain range with my current treatment plan.

## Caution!

**Take action TODAY. I will:**

- Use ice packs for the first 24 hours and then switch to a heating pad or hot shower.
- Take my pain medication as directed.
- Rest and reposition myself for comfort, as needed.
- Report to my doctor/provider if my symptoms do not improve after following my treatment plan.



## Red Zone

**I feel awful!**

- I have an increase in my leg weakness.
- I have a sudden onset of numbness or tingling in my legs or feet.
- I have a sudden loss of bowel and/or bladder control.
- I am having chest pain, arm, or jaw pain/numbness.
- I have a new onset of rapidly increasing pain, so bad that nothing else matters.

## Get help!

**Take action NOW:**

- **CALL 911 or seek medical care immediately.**
- While getting help, do this: