

## FLARE UP PLAN

### Points to remember

- Flare-ups are common, predictable and manageable
- Have a flare-up plan- BEFORE you upgrade your activity
- Don't panic- If managed well, flare-ups usually settle quite quickly
- Cut back activity, but don't stop- any activity is better than no activity
- Try and keep rest periods short – less than 30 minutes
- Use positive self-talk
- Monitor your improvement through the flare-up

Even with a successful pain management plan in place, flare ups of your pain, beyond the normal fluctuating levels can sometimes occur. It is important that you remember that there are ways you can manage to stay in control of your pain, even during these particularly challenging times.

By preparing a FLARE UP PLAN, when your pain levels are manageable, you can then rely on the plan to help direct you when your pain is more severe. It allows you to put in place strategies to get you through the hardest of times.

A Flare-up plan has two parts:

1. A plan to AVOID a flare-up
2. A plan of WHAT TO DO if a flare-up happens

By implementing your FLARE UP PLAN, you are giving yourself the best chance of maintaining your great gains towards successful pain management.

Plan to AVOID flare up



Flare  
Up  
Plan

Plan of WHAT TO DO  
in a flare up



## PLAN TO – “AVOID” A FLARE UP

**High risk situation or trigger / What are the warning signs?**

E.g. when I get stressed (when I have exams or tests at school)

**How can I avoid a flare-up?**

E.g. Concentrate on my breathing, problem solve a solution

**High risk situation or trigger / What are the warning signs?**

**How can I avoid a flare-up?**

**High risk situation or trigger / What are the warning signs?**

**How can I avoid a flare-up?**

## PLAN TO- “MANAGE” A FLARE UP

### **Strategies to minimize flare-up intensity:**

Eg: take a stretch break

### **Consider the following:**

Medications:

Physical Activity:

Rest:

Meditation/Relaxation:

Healthcare Team Support:

Family, Friends & School:

### **If I have a pain flare up, I will do this for the next few hours:**

Eg. Practice my relaxation and breathing

### **If I have a pain flare up, I will do this for the next few days:**

Eg: Cut back my activity but do not stop

### **Back on Track Plan:**

Eg: Start back with soccer training by commencing a walking program for 15 minutes twice a day – remember to implement my pacing skills

### **I will reward myself once the flare up settles by:**

Eg: Spending some extra time with my friends at the park