



# Pain Management Resource Center For Injured Workers

Welcome to PMSI's injured worker Pain Management Resource Center. As one of the nation's leading providers of prescription services and durable medical equipment for injured workers, we understand that living with a work-related injury can be confusing. That's why we are here—to provide you with answers to some of the most common injury-related questions, such as:

- What are the signs and symptoms for my condition?
- What medication options are available?
- What sorts of questions should I ask my doctor?
- Will I become addicted to any/all of my medications?

Click on the links below to get more information about various topics such as what medications you can take, questions to ask your doctor, and finding a pain specialist. At PMSI we care about your health and we're committed to bringing you the best resources available.

## Pain Management Basics

[General Pain Overview – American Pain Foundation Pain Resource Guide](#)

[Signs and Symptoms – NIH Pain Consortium Pain Symptoms, Conditions and Treatments](#)

[Common Medications – ACPA Consumer Guide to Pain Medication and Treatment](#)

[Non-Medication Pain Relief – Alternative Pain Management Therapies](#)

[Typical Side Effects – Side Effects of Pain Medications – Opioids \(Part 1\)](#)

[Typical Side Effects – Side Effects of Pain Medications – NSAIDs, TCAs, AEDs \(Part 2\)](#)

[Pain Associated Conditions – Insomnia](#)

[Pain Associated Conditions – Depression/Anxiety](#)

[Pain Associated Conditions – Obesity](#)

## How to Talk to Your Doctor

[Questions to Ask Your Doctor – Discussion Guide](#)

[Tools to Help You Talk to Your Doctor – Daily Pain Diary](#)

[Tools to Help You Talk to Your Doctor – Pain Management Log](#)

[Tools to Help You Talk to Your Doctor – Pain Drawing Guide](#)



## **Find a Pain Specialist in Your Area**

[Find a Pain Specialist – Online Search Tool](#)

## **Financial Assistance for Your Medications**

[Can't Afford Your Medications? – Janssen](#)

[Can't Afford Your Medications? – Actavis](#)

[Can't Afford Your Medications? – King](#)

[Can't Afford Your Medications? – Purdue](#)

[Can't Afford Your Medications? – Pfizer](#)

## **Caregiver Help and Support**

[Pain Aid](#)

[Family Caregiver Alliance](#)

[Friends Health Connection](#)

[National Family Caregivers Association](#)

[Coping with Chronic Pain](#)

## **Ask the Pharmacist**

[Ask-the-Pharmacist Drug Information Service](#)

## **Concerns with Opioid Pain Relievers**

[Addiction, Dependence, Tolerance – Are they all the same?](#)