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**Workers' Compensation Law Blog**  
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## Help for Chronic Pain

POSTED ON DECEMBER 1, 2010 BY **VIRGINIA HUNT**

I came across another website that offers information on treating chronic pain, as well as a comprehensive list of other websites with additional help for people dealing with injuries or illnesses that cause chronic and long-lasting pain. There may be something useful for you here, particularly the kit offered for tracking and measuring your pain.

<http://www.partnersagainstpain.com/pain-management-resources/tips.aspx>

You might also want to read the articles on how to better communicate what you are experiencing and feeling with regard to your pain when meeting with your doctor. As you know, so much of treating chronic pain involves trial and error, both with prescription medications and lifestyle changes until the person does not feel overwhelmed and controlled by pain. I am always looking for useful tips or information to share with injured workers, so please feel free to send me your comments.

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