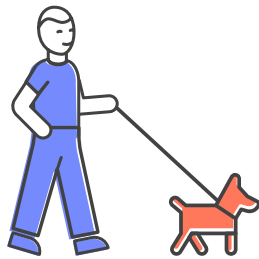


## WHAT IS A FLARE- UP?

A pain flare-up is a temporary increase of pain. Although they can be distressing, they are often not caused by a re-injury or new inflammation. **Flare-ups are common, but we can take steps to avoid them.**

## HOW TO BEST AVOID FLARE UPS:



### Be Consistent with Exercise

Continuing your PT exercises and aerobic activity is super important. Flare ups often occur when we have significant changes up or down in activity levels



### Eat Well & Hydrate

Maintaining a healthy diet and staying hydrated can help prevent flare-ups



### Manage Stress

Controlling stress levels can help reduce stress-related increases in pain



### Sleep Well

Getting the right amount of restorative sleep allows the body to heal and recover



### Make a Plan

Having a plan in place allows you to take immediate action if your symptoms temporarily return

**While it may be difficult to completely avoid flare-ups, taking these steps to prevent them is an effective approach to reducing their frequency over time.**