

# PAIN AGAIN?

TAKE CONTROL WITH  
EFFECTIVE RELIEF!

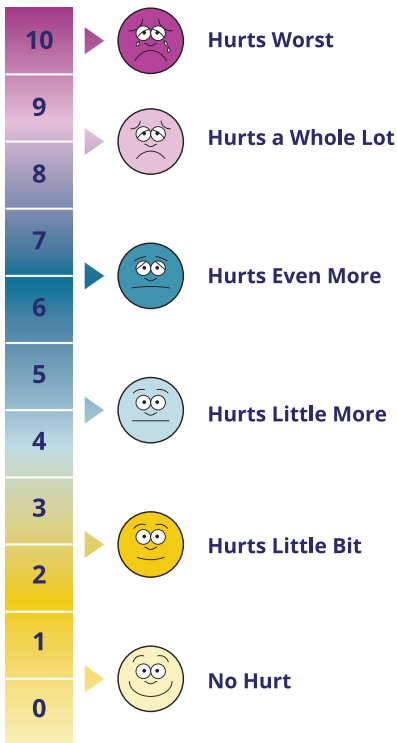


**VIATRIS**

For patient use only

# Rate Your Level of Pain

Use a scale of 0 to 10 to rate your level of PAIN.  
A rating of 0 means no pain and 10 means the worst pain imaginable<sup>a,b</sup>!



**Don't wait for symptoms of pain to worsen.  
Consult a healthcare professional  
before it's too late!**

References:

a. The Wong-Baker Faces Pain Scale.

b. The Bieri Faces Pain Scale. Modified from Bieri D, Reeve RA, Champion GD, et al.  
The Faces Pain Scale for the self-assessment of the severity of pain experienced by children:  
development, initial validation, and preliminary investigation for ratio scale properties.  
Pain 1990;41(2):139-150.

# Tips<sup>1</sup> to **STRETCH AWAY** the Pain!

Consult your healthcare professional should you need medical attention in your pain management.

Note: These stretches may not be suitable for you. Do not attempt if symptoms of pain persists. Consultation with a healthcare professional may be required.

## For KNEES

1. Sit forward in your chair with your back straight and your feet flat on the floor.
2. Slowly bring yourself to standing, moving slowly and smoothly.
3. Remain standing for five seconds.
4. Slowly return to sitting, using very controlled movement.
5. Repeat this exercise 10 times.

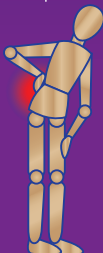


## For NECK

1. Sit forward in your chair with a straight back and your feet flat on the floor.
2. Tilt your head to one side, bringing the ear towards the shoulder until you feel a stretch.
3. Hold this stretch for 30 seconds.
4. Slowly release your head back to the middle.
5. Do the same thing on the other side.

## For SHOULDERS

1. Take a very deep breath in while shrugging your shoulders up towards your ears.
2. Hold this position for three seconds.
3. Slowly exhale while you release your shoulders back to their starting position.
4. Repeat this 10 times.

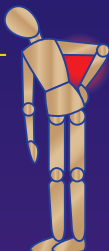


## For LOWER BACK

1. Sit forward in your chair.
2. Bring one knee into your chest using your hands to grasp the back of your thigh.
3. Pull the thigh gently towards your body.
4. Hold this stretch for 30 seconds.
5. Slowly release your leg back to the floor.
6. Do the same thing with the other leg.

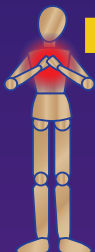
## For UPPER BACK

1. Give yourself a hug.
2. Place your right hand on your left shoulder and your left hand on your right shoulder.
3. Take deep breaths into your back.
4. Hold this stretch for 30 seconds.
5. Slowly release your arms back to your sides.



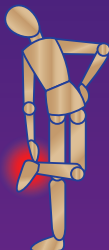
## For CHEST

1. Place your hands behind your head, keeping your elbows out like wings.
2. Reach your elbows towards the back wall while squeezing your shoulder blades together.
3. Hold this stretch for 30 seconds.
4. Slowly return your elbows back to the starting position.



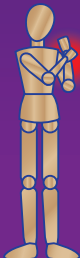
## For FEET

1. Place one foot in front of the other.
2. With your back foot, tuck your foot under so the top portion of your toes is against the floor.
3. Gently apply pressure until you feel the stretch running along the top of the foot.
4. Hold this stretch for 30 seconds.
5. Slowly release your foot back to the starting position.
6. Swap foot positions and do the same thing with the other foot.



## For WRISTS

1. Clench both of your hands into fists.
2. Stretch your two fists out in front of you.
3. Make circles in the air with your wrists.
4. Circle both wrists 10 times to the right.
5. Circle both wrists 10 times to the left.



Reference:

1. 10 Simple Chair Stretches That Will Totally Relieve Your Aches And Pains.  
Available from <https://www.littlethings.com/pain-relief-stretches/1>



Do you take **PAINKILLERS**  
for more than 3 days?\*

Do you have **LOW MOODS**?\*

Do you suffer from **LACK OF SLEEP**?\*

Are you often **TIRED & IRRITABLE**?\*

Is it **DIFFICULT TO CONCENTRATE**?\*

Does the pain make it **DIFFICULT TO  
EXERCISE**?\*

If you answer 'Yes' to any of these questions, you may need help in managing your symptoms. It is important to consult your healthcare professional.

Although it may not always be possible to get rid of pain completely,  
**A RANGE OF DIFFERENT TREATMENTS  
ARE AVAILABLE!**

**Ask your healthcare  
professional for  
Effective Relief today!**

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