

Expert Tips for Effective Relief from MS Pain

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

THIS WEBINAR IS
SPONSORED BY:

Genentech
A Member of the Roche Group



**EMD
SERONO**

UPCOMING PROGRAMS

THURSDAY NOVEMBER 21

JUMPSTART

Navigating Discomfort and Pain Management in MS

TUESDAY DECEMBER 3

SPECIAL WEBINAR

Thriving with MS: Strategies for Aging Well

THURSDAY DECEMBER 5

CARE PARTNER MEETUP

Navigating Grief, Anxiety, & Anger

TUESDAY DECEMBER 10

SPECIAL WEBINAR

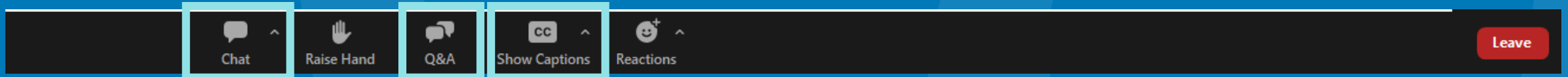
Beneath the Surface: Understanding Invisible Symptoms of MS



CANDO-MS.ORG

How to Ask Questions During the Webinar

Type in your questions using the Questions Box



Provide comments and engage with the speakers and audience using the **Chat Box**



NEW! Closed captioning



Your Speakers



Roz Kalb
Psychologist

Maine



Ian Flannery
Physical Therapist

New Mexico



Dawn Edhe
Neuropsychologist

Washington



LEARNING OBJECTIVES

- 1 The types of pain MS can cause and how to recognize them
- 2 Why pain management in MS isn't as simple as taking an over-the-counter pain reliever
- 3 Understand the interventions that are out there, including rehabilitation options, mind-based strategies, and medications



**POLLING
QUESTION**

How long have you lived with pain related to your MS? (Choose ONE)

- a) I haven't experienced MS-related pain but I want to learn about it
- b) My pain is recent
- c) More than 5 years
- d) More than 10 years
- e) Ever since my diagnosis



POLLING QUESTION

Describe your pain (check all that apply)

- a) Burning
- b) Stabbing
- c) Itching
- d) Throbbing
- e) Aching
- f) Cramping
- g) Other (share it in the chat)



POLLING QUESTION

**What strategies have you tried?
(Check all that apply)**

- a) Physical therapy
- b) Exercise (flexibility, strengthening, aerobic)
- c) Meditation
- d) Cognitive behavior therapy
- e) Distraction
- f) Prescription medication(s)
- g) Over-the-counter products
- h) Cannabis
- i) Other (put it in the chat)



POLLING QUESTION

**How does pain impact your life
(check all that apply)**

- a) Disrupts my sleep
- b) Interferes with work and/or household activities
- c) Impacts relationships
- d) Interferes with intimacy
- e) Affects my mood
- f) Interferes with physical activities
- g) Distracts me
- h) Other (share it in the chat)



POLLING QUESTION

Which members of your healthcare team have you talked to about your pain? (check all that apply)

- a) MS care provider
- b) Primary care physician
- c) Mental health professional
- d) Rehabilitation professional (PT or OT)
- e) Anyone who will listen
- f) No one
- g) Other (Share it in the chat)

What We Know about MS Pain



Pain in MS comes from different sources:

- **Neuropathic pain** – pain coming from a nerve
 - In MS, often caused by demyelination in the CNS – bombards the brain with pain signals
- **Musculoskeletal pain** – caused by muscle strain, postural changes, altered gait, incorrect use of mobility aids
- **Pain from other MS symptoms** – spasticity, bladder infections, optic neuritis

Remember that depression and anxiety – which are very common in MS – makes other MS symptoms, including pain, feel worse

MS Pain can be...



Debilitating
Devastating
Distracting
Discouraging
Depressing

&

Invisible

So...

*Your ability to describe it to family, friends,
and your healthcare team is important!*

The History of Pain Management in MS



In the old days, the experts said that MS didn't cause pain



People with MS spoke up and put that myth to rest



Healthcare providers primarily used medications to manage pain



People found medication side effects to be a big problem

Today's Pain Treatment Strategies



Careful Assessment of Pain
Management of Contributing Symptoms

Rehabilitation

Mind-Based
Interventions

Medication(s)



Unhelpful Thinking Styles Related to Pain



All or Nothing Thinking

“If I can’t get rid of the pain, it’s just not worth it”

Over-generalizing

“The pain ruins everything”

Disqualifying the Positive

“One pain-free hour isn’t worth much.”

Magnification

“Pain has become my whole life..it’s all I can think about”

Key Take- Aways



1. Pain is complex – multiple potential sources/etiologies.
2. Much pain is attributable to causes/factors we can control – deconditioning, gait, postural – with exercise, activity, PT, OT, behavior change.
3. Behavioral/mind-body interventions also influence pain processing in the brain.
4. Pain is best addressed via a comprehensive assessment and treatment approach that includes rehab, activity, exercise, and other mind-body self-management skills.
5. Understanding pain sources is important for identifying specific interventions (meds, rehab, or behavioral treatment).

Q+A





CONNECT WITH US



TIKTOK

@CanDoMultipleSclerosis



FACEBOOK

@CanDoMultipleSclerosis



X

@CanDoMS



INSTAGRAM

@CanDoMultipleSclerosis

THIS WEBINAR IS
SPONSORED BY:

Genentech
A Member of the Roche Group



**EMD
SERONO**



The preceding program is copyrighted by Can Do Multiple Sclerosis. It is provided for your personal educational and referential use only. Any repurposing or dissemination of its content requires the consent by Can Do Multiple Sclerosis.

© CAN DO MULTIPLE SCLEROSIS