

I'm **Julia**. I wrenched my back while at work. I love my job but after eight months I'm still experiencing considerable discomfort. I took some time off work because the pain was so unbearable some days. I was scared to do things that could make the pain worse. When my friends called to invite me out, I didn't even answer the phone anymore.

#### **My occupational therapist has helped me:**

- **Develop** a daily schedule of graded, meaningful activities that increase physical fitness, reduce fear, improve sleep and detract from negative thoughts.
- **Explore** non-pharmacological pain interventions to help reduce the fear of pain with energy conservation and relaxation techniques.
- **Understand** what goals and activities that are important to me.

I am now socializing with my friends and have returned to work on modified duties.



Because of occupational therapy, I'm not scared of going out and living life to its fullest.