

## Chronic Pain Resources

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**Discovery Channel documentary, “Pain Matters”** <http://painmatters.com/about-pain-matters/pain-matters-documentary.aspx>

**This site offers breathing exercises, relaxation exercises, guided imagery information, stress management information, along with other information related to Chronic Pain.**<http://www.howtocopewithpain.org/resources/chronic-pain-hard.html>

**A Pain handbook which includes a pain log, goal setting form, and medication tracking forms.** <http://www.inthefaceofpain.com>

**National Fibromyalgia Foundation: Ten Fibromyalgia Facts** - <http://www.fmaware.org/articles/10-fibro-facts/>

**Using Opioids Safely** - <http://theacpa.org/opioids/default.aspx>

**Is There Life With Pain?** - <http://theacpa.org/Is-There-Life-With-Pain>

**Relaxation Guide** - <http://theacpa.org/Relaxation-Guide>



Van loved the outdoors, hiking, biking, and especially kayaking. By his mid 40's Van was struggling with severe chronic pain resulting from nerve damage. By age 49, the physical pain rendered Van incapable of continuing his profession as a Sales Rep. He struggled daily not only from the physical pain but also the psychological and emotional toll it took on himself and his family.

Van's kayak hung for years in the garage with Van dreaming of returning to the water. On summer day, he announced he wanted his kayak down, he thought he could go kayaking. With reservation, I got it down and placed it on the lawn for his inspection.

“How can you go kayaking when you can't even sit in your chair without severe pain?” I asked. Van replied “I think I can do it.”

I watched him carefully guide his body inside the kayak. Van then looked up with a beaming smile, gave a thumbs up and said “Yea!”

There were two occasions when Van returned to the water. This picture depicts that spirit of perseverance. Keep fighting through the pain.... Dreams don't die unless you let them.