

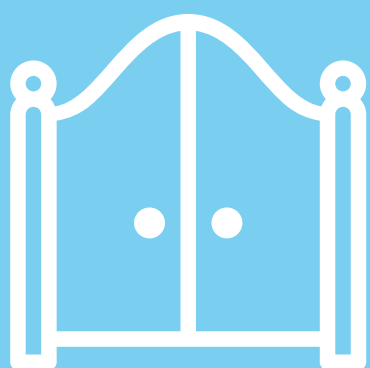
OPEN GATES

VERSUS

CLOSED GATES

Closed Neurological Gates are things that may stop pain signals. Open Gates may allow more pain in. Some things like work, medication, heat or ice may help one person while having the opposite effect on another. Talk to your doctor about what is best for you!

CHECKLIST TO BLOCK PAIN SIGNALS



- Being Active
- Thinking Positive
- Distraction
- Heat or Ice
- Massage
- Relaxation
- Medication
- Rest
- A good night's sleep
- Art
- Music
- Literature
- Meditation
- Work



- Too Much Activity
- Negative Thoughts
- Depression
- Heat or Ice
- Stress
- Anger
- Medication
- Too much rest
- Not enough sleep
- Fear
- Boredom
- Silence
- Frustration
- Work