

COMMUNICATION CHART

At this time...	When I do this...	It means...	I need you to...
When in a meeting	Frown or sigh or wince, hold lower back and check my watch	My back is hurting – pretty badly	Realize, my facial reactions are due to pain, the not meeting topic. I am checking time to take next medication dose
When I am asked a question	I give short, abrupt answer. Take a deep breath before answering	I am concentrating on breathing through my lower back pain	Know I am not being rude intentionally. I should stop and take anti-inflammatory.
When I need to lift boxes or suitcases and I am in a rush	I hesitate before picking-up item; look around; then pick it up	I am trying to be smarter with my back, but hate asking for help	I am trying to plan ahead more to have time to ask for help. If you are willing to help, let me know.
Morning time at home	Sleepy and cranky	I took a muscle relaxer the night before and it hasn't worn off	Coffee will help.

When I take a muscle relaxer, I need more time to get ready the next morning, so I should go to bed earlier and get up earlier

Do the working/not working about back pain and share with doctor to get help.

next steps...