

Atrium Health Musculoskeletal Institute

Helping with Pain After Surgery

Websites and Phone Apps for Meditation

- Calm
 - www.calm.com
- Headspace
 - www.headspace.com
- Insight Timer
 - www.insighttimer.com
 - Spanish: <https://insighttimer.com/meditation-playlists/spanish-meditations/>

Website with Helpful Information on Pain

- American Academy of Orthopaedic Surgeons
 - <https://aaos.org/Quality/PainReliefToolkit/AfterSurgery/>

Videos

- 10 Minute Self-Healing Meditation for Relief from Injury, Illness, Pain & Negative Thoughts
 - <https://www.youtube.com/watch?v=476ksk-FfPQ>
- 20 Minute Guided Mindfulness Meditation on Coping with Pain
 - <https://www.youtube.com/watch?v=uZEHwEtnaak>
- STOPP Relaxation Technique
 - <https://www.youtube.com/watch?v=3NHZkQ57wzE>
- Progressive Relaxation for Stress Relief & Pain Management
 - <https://www.youtube.com/watch?v=PqfNDT'TngWo>

Approved by Atrium Health Medical Surgical Health Education Committee, May 2019.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1- 800-821-1535.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-821-1535.