Asking questions about your treatment plan is a great way to ensure that your health care provider understands your goals and that you can partner in your care. These questions can help you start that conversation.

**PAIN QUESTIONS**

- Why do I have pain?

- How long will it take for me to heal from this injury or surgery?

**SELF-MANAGEMENT QUESTIONS (WHAT CAN I DO?)**

- What activities should I avoid?

- How can I speed up the healing process?

- How can I go back to what I was doing before I had pain?

- Is there anything else I can do to feel better?

**MEDICATION QUESTIONS (IF APPLICABLE)**

- Why are you giving me this medication? What will it do for me? How long do I need to take it?

- What will happen to me if I take this medication? What is the risk of addiction? 
  What is the effect of not taking this medication?

- Is this medication an opioid? Are there other medications I could take instead?

- Are there other options, such as physical therapist treatment, that I can try instead of (or in addition to) medication?