

## **APPENDIX C:**

### **American Chronic Pain Association (ACPA) Resources**

## American Chronic Pain Association Communication Tools and Videos



### ACPA Daily Activity Checklist

[https://theacpa.org/uploads/documents/ACPA\\_Fibro%20Survey\\_daily%20activity.pdf](https://theacpa.org/uploads/documents/ACPA_Fibro%20Survey_daily%20activity.pdf)



### ACPA Quality of Life Scale

[https://theacpa.org/uploads/documents/Life\\_Scale\\_3.pdf](https://theacpa.org/uploads/documents/Life_Scale_3.pdf)



### ACPA Art of Pain Management

<https://theacpa.org/art-of-pain-management>



### ACPA Music to Help You Relax

<https://theacpa.org/music-to-relax>



### ACPA Living with Pain: Purposeful Activity

<https://theacpa.org/living-with-pain>