Figure 1. Experience, adaptation and management of chronic OFP

Experiencing chronic OFP

Usually first strategy

When the pain was relatively mild

Recommended by family/friends

Social support
- Family
- Friends

Some sought social support as they found it helpful, some not as they did not want to worry their families and friends

Seek professional help
- Physicians
- Dentists
- TCM practitioners

Found not effective in solving their chronic OFP

Recommended by family/friends

Use of complementary therapy
- Acupuncture
- Massage
- Chi kung

Found not effective, adapted to OFP and developed their own coping strategy

Self management techniques
- Chinese herbal oil
- Self massage
- Cold or warm compression
- Medical pads
- Nutrition
- Rest
- Physical exercise
- Over-the counter medicine
- Distraction

Recommended by family/friends