

# Chronic Pain Management Expert

Creating “ ‘All Better’ Mommy Magic”

**Dr. Vicki Rackner, M.D., is a former surgeon who now helps families find more love, more joy and more hope -- even in the face of chronic pain.**

**Some describe her Pain Stompers system as “the 7 Habits of Highly Effective People meets Emotional CPR.” This simple set of steps empowers people with no medical training to comfort a loved one in pain.**

**She also empowers health care professionals to coach families members to a caregiving success.**

**Problem:**  
Pain + Isolation = Suffering

**Solution:**  
Medical Science  
*plus*



**Human Connection**  
*equals*



**Mommy Magic**



## **Dr. Vicki Rackner works with:**

- Family caregivers
- Health care professionals
- Eldercare providers
- Hospice staff and volunteers

## **Her services include:**

- Speaking engagements
- Coaching
- Pain Stompers training
- Books and Practical Guides
- The Caregiver Club eNewsletter
- Pain Stompers Pearls  
-- short daily pearls of wisdom

*Dr. Vicki Rackner has been on all sides of hospital bed -- as a patient with a life-threatening emergency, the surgeon and the family caregiver. After treating tens of thousands of patients and serving as a clinical faculty at the University of Washington School of Medicine, she is now a full-time author and speaker with the mission of building strong healthy families -- no matter what.*

**YouTube video:**

[www.youtube.com/watch?v=JOez6KTMIng](http://www.youtube.com/watch?v=JOez6KTMIng)

**Go to  
PainStompers.com  
to sign up  
for daily  
inspirational tips  
delivered to  
your smart phone.**

**Her Books**

**Quoted in**

**Chapters in**

The collage includes a photo of Dr. Vicki Rackner, several book covers, and logos of various media outlets and organizations such as AARP, CNN, NPR, The Washington Post, USA Today, TIME, MarketWatch, bizjournals, balance, UPL.com, Thrivent, Custom Nutrition, Bottom Line, REAL SIMPLE, and others.

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