

10 Alternatives for Chronic Pain Management

1. “Be the change!”



Lifestyle Modifications

Exercise! – Light, regular physical activity can improve pain, help with depression, and improve your health and well being

Reduce Alcohol Consumption – Alcohol can worsen your sleep and overall quality of life in those with chronic pain

Stress Less – Stress heightens your sensitivity to pain and causes you to feel trapped in a painful cycle.

2. “Image your life without pain.”



Guided Imagery

Guided imagery is a pain intervention that uses relaxation techniques and visualization of calming mental images to manage acute and chronic pain.

3. “Let’s talk about it.”



Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) is a form of talk therapy that helps people identify and develop skills to manage negative thoughts and behaviors.

For pain management, CBT helps patients change their awareness of pain and develop better coping skills—even if their pain doesn’t change.

CBT teaches patients effective ways to replace negative thought patterns.

4. “Eliminate your pain together.”



Complementary and Alternative Therapies

Group therapy, music therapy, and pet therapy are some additional ways to help comfort and reduce pain.

5. *“Smell the change in the air!”*



Aromatherapy

Smelling something pleasant can reduce your pain and has been used for thousands of years. It can also reduce anxiety, depression and even help joint pain and headaches.

7. *“Focus away your pain.”*



Hypnotherapy

Patients are guided to focus on comfort and pain relief. It can help with many painful conditions including fibromyalgia and can help with sleep and tiredness.

Hypnotherapy is an alternative practice where a licensed hypnotherapist guides your mind to a highly focused mental state.

9. *“Embrace nature.”*



Diet/Herbal Treatment

Decrease pro-inflammatory diets and increase anti-inflammatory ones! Decrease dairy, processed foods, sugar, alcohol and carbohydrates.

Increase herbal supplements, vegetables and non-processed foods. Avoid packaged items!

6. *“Release your pain.”*



Massage Therapy

Massage comes in two forms, relaxation and rehabilitative massage. It can directly reduce inflammation and can help in many different types of pain.

8. *“Adjust your life.”*



Chiropractic

Chiropractors can help all sorts of painful conditions including back pain, neck pain, migraine headaches, fibromyalgia, and joint pain.

Not only can they adjust and heal injured joints and tissues, they can also help with posture and exercise education.

10. *“Pinpoint the pain.”*



Acupuncture

Acupuncture uses needles to stimulate certain points on or under the skin. Has been used for hundreds of years for many conditions including treating pain, nausea, and decreasing inflammation.