

Alternative pain management

When you're suffering from chronic back and neck pain, you may feel like taking opioids is the only way to get relief. But there are alternative therapies that may help ease your pain and improve your quality of life. Here are some options to try.*

Physical therapy and exercise

A physical therapist can teach you correct posture and alignment and show you how to do back and neck strengthening exercises.

Yoga and stretching

Yoga can help stretch and strengthen all your major muscle groups, including your back and neck, which, with regular practice, may reduce your pain.

Massage therapy

While massage may not have long-term effects, it may provide short-term relief when combined with your doctor's recommended treatments.

Chiropractic care

A chiropractic adjustment involves trained specialists using their hands or a small instrument to apply controlled pressure to a spinal joint. Chiropractic treatments may provide short-term back and neck pain relief, although multiple visits might be necessary.

Acupuncture

Studies have shown that acupuncture, which involves inserting very thin needles through a person's skin at specific points on the body, can help relieve back and neck pain.

Cognitive behavioral therapy

This psychological, goal-directed approach helps patients learn how to modify the physical, behavioral and emotional triggers of pain and stress.



Transcutaneous electrical nerve stimulation (TENS)

In this type of therapy, electrodes that deliver tiny electrical impulses are placed on your skin near the affected areas to reduce pain.

Non-opioid pain relievers

There are other medications that can assist with pain management that are not opioid-based. Some of these medications, such as anti-seizure drugs, may help manage pain. Talk to your provider about other options that are available. In addition, over-the-counter pain relievers such as acetaminophen, ibuprofen or naproxen may be strong enough to give you the relief you need.

CLICK THE LINK TO TAKE A SHORT QUIZ FOR PROOF OF COMPLETION:
<https://www.surveymonkey.com/r/J7LDFHP>

* Consult your medical provider before starting any new exercise or therapy regimen or taking any new medications.