



# COMPLEMENTARY ALTERNATIVE APPROACHES TO PAIN

## PAIN IN GENERAL



Acupuncture



Massage



Spinal manipulation



Yoga



Tai Chi



Music



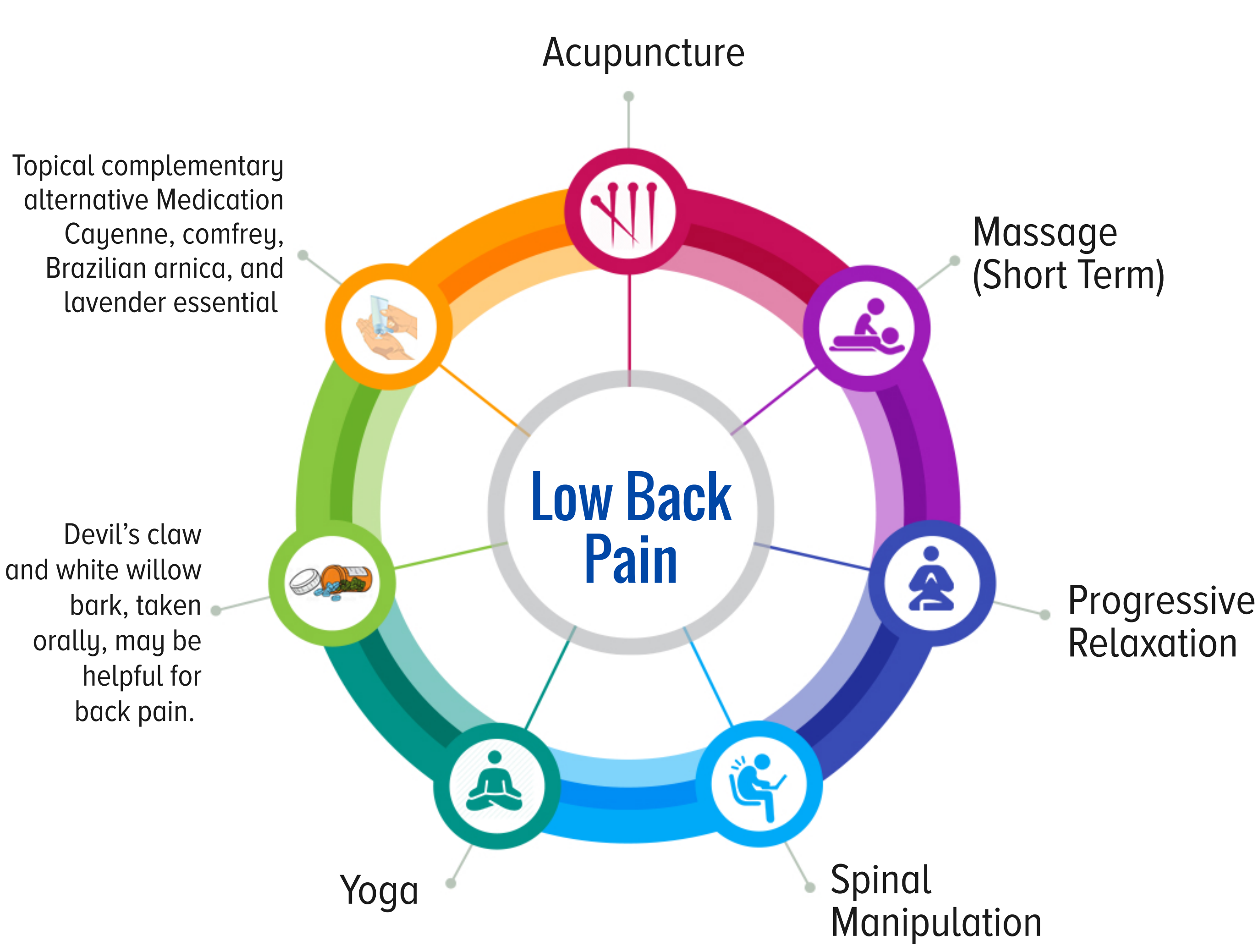
Hypnosis (results vary by person)



Cannabinoids



Mindfulness



## OSTEOARTHRITIS



Acupuncture



Massage



Tai Chi

Studies of glucosamine, chondroitin, and S-adenosyl-L-methionine (SAME) for knee osteoarthritis pain have had conflicting results.



## Rheumatoid Arthritis

Omega-3 fatty acids, gamma-linolenic acid (GLA), or the herb thunder god vine may help relieve rheumatoid arthritis symptoms.

### Neck Pain

- ☑ Massage therapy (short term)
- ☑ Spinal manipulation

### IRRITABLE BOWEL SYNDROME

Promising research for

- ☑ Hypnotherapy
- ☑ Probiotics

### Headaches

- ☑ Acupuncture

The American Academy of Neurology and the American Headache Society supports the use of CAM for preventing Migraines:

- ☑ Butterbur (as effective)
- ☑ Feverfew, magnesium, and riboflavin (as probably effective)
- ☑ Coenzyme Q10 (as possibly effective)

### CHRONIC PELVIC PAIN

- ☑ Relaxation techniques
- ☑ Biofeedback
- ☑ Self-Hypnosis
- ☑ Acupuncture

*Recommendations based on the National Center for Complementary and Integrative Health*



## MOBILE APPS

- ☑ My Pain Diary: Chronic Pain & Symptom Tracker
- ☑ iBeatPain for Teens
- ☑ eMTCP Music App
- ☑ HeadSpace-Meditation app
- ☑ Sleepio-Insomnia, anxiety, and depression

## BIBLIOTHERAPY



Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Workbook (Treatments That Work) by John Otis



Managing Your Child's Chronic Pain 1st Edition by Tonya Palermo & Emily Law



Forever Painless: End Chronic Pain and Reclaim Your Life in 30 Minutes a Day by Miranda Esmonde-White

## PSYCHOLOGICAL INTERVENTIONS



- ☑ Cognitive Behavioral Therapy
- ☑ Meditation/Mindfulness
- ☑ Support Groups

## SLEEP HYGIENE



- ☑ Keep a regular schedule
- ☑ Avoid naps longer than 30 minutes
- ☑ Keep the bedroom sacred for sex and sleep only
- ☑ Relax 30 minutes before bed

