

Self-Help/Alternative/Complementary Therapies for Pain Management
Patient Guide “Pain as a 5th Vital Sign”

Self-Help Treatment Options*	What it is / When to use it
Patient/Family Education	Educates the patient along with the family in learning ways to control pain using various healing techniques.
Community Support Groups/ Educational Programs	Helps the patient to learn more about their diagnosis, how to handle their disease and control pain through support of others dealing with the same problem.
Exercise: Yoga, Tai Chi, Walking	Helps reduce tension, anxiety, depression and fatigue. Can also help with nausea.
Heat	Heat can reduce the pain caused by sore muscles and muscle spasms.
Ice	Ice will reduce pain that comes from joint problems or irritated nerves.
Massage	Helps the body heal itself by breaking down muscle tension and pressure on nerves.
Relaxation Through Deep Breathing	Deep breathing will help with ability to cope; to control stress, slow thinking down.
Distraction	Changing your attention to something else such as reading, music, walking or talking to a friend.
Meditation	Opening your mind to bring awareness to breathing, body sensations, and feelings to deal with chronic pain, panic disorders and anxiety.
Prayer	Provide relief from pain by providing comfort/support during periods of illness, trauma and or stress.
Guided Visual Imagery	Allows your mind to take you to a place that is safe and comfortable.
Humor/Laughter	Helps relieve anger, anxiety, tension and improves breathing and helps your heart.
Music	Helps with relaxation, decreases anxiety, nausea and vomiting.

***Please check with your insurance plan for payment benefits.**

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Treatment Options*	What it is / When to use it
Chiropractic Care	Moving the spine to aid in the body’s self-healing process.
Osteopathic Manipulation	Supports the body’s natural ability to heal.
Physical Therapy	Active exercises to restore muscle mass and preserve the normal range of joint motion.
Therapeutic Massage	Helps the body heal itself by breaking down muscle tension and pressure on nerves.
TENS Unit	Relief of pain by applying electrical stimulation to the skin.
Acupuncture	Insertion of small needles to areas of the body will relieve pain and treat assorted illnesses.
Acupressure	By applying pressure to areas of the body will relieve pain and treat assorted illness.
Biofeedback	Using special machines to learn how to relax specific muscles in the body to reduce tension
Reiki	Energy focus through healing touch.

*** Referral needed from the physician; please check with your insurance plan for payment benefits.**