

Self-Help / Alternative / Complementary Therapies for Pain Management
Health Care Professional Guide
“Pain as the 5th vital sign”

Self-Help Treatment Options*	What it is / When to use it
Patient/ Family Education	Serves to dispel myths, relieve fears, give patients a sense of control and empower them to partner with health care professionals. Assists the patient in understanding what pain is, its cause, what treatments are available, and when to seek help in between visits. Allows patient to learn to ultimately self-direct management of therapy.
Community Support Groups/ Educational Programs	Assists patients in learning more about their diagnosis, gain support in managing their disease and controlling their pain.
Supportive counseling	Assists patients with the anxiety, fear and depression that often accompanies pain and can interfere with work, sleep or daily activities. Helps patients to recognize that pain is “not in their head.”
Exercise, Yoga, Tai Chi, Qi Gong	Moderate, active exercises to decrease muscle spasm improve patient functioning and self-image.
Ice, Heat (Cutaneous stimulation)	Applying heat or cold to a painful area can help reduce pain. Both decrease sensitivity to pain.
Relaxation Techniques	Structured training to relax specific muscle groups or for general decrease of anxiety.
Distraction Techniques	Focusing attention elsewhere, e.g., doing puzzles, video games, listening to music, reading.
Meditation	Intentional self-regulation of attention to focus on particular aspects of inner/outer experience.
Spiritual / Pastoral	Provide relief from pain by strengthening belief systems and providing comfort/support during periods of illness, trauma and or stress.
Guided Imagery and Visualization	Using the power of the patient’s imagination to reduce pain and increase relaxation.
Humor/Laughter	Laughter is a whole-body stress reducer.
Music Therapy	Use of music experiences and the relationships that develop through them as dynamic forces to promote health.

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

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Chiropractic Care	Spinal manipulation to treat pain and/or disease.
Osteopathic Manipulation	Reestablish a normal relationship between anatomic and physiologic components thus removing barriers to self-healing.
Physical Therapy	Active exercises to restore muscle mass and preserve the normal range of joint motion.
Therapeutic Massage	Use of ice, heat, manipulation of soft tissues of body to normalize those tissues to aid relaxation and increase circulation.
TENS (Counterstimulator)	Transcutaneous electrical nerve stimulation (TENS) small non-invasive device that delivers low voltage electrical stimulation via wires to ECG electrodes, placed proximal or directly over painful site.
Acupuncture and Acupressure	Insertion of small needles or application of pressure at specific points along 12 meridian zones of the body.
Biofeedback	Structured training to relax specific muscle groups or for general decrease of anxiety.
Reiki	Reestablished the energy balance in areas of the body experiencing disease and discomfort.

*** Referral needed by physician; please check with your health insurance plan for payment benefits.**