

Alternative Treatments for Pain

Maine Independent Clinical Information Service 2018

ANSWER KEY

Non-pharmacological treatments:

Behavioral

- Cognitive behavioral therapy (CBT)
- Individual & group counselling
- Biofeedback
- Mindfulness
- Relaxation therapy
- Psychotherapy
- Meditation
- Guided imagery
- Balneotherapy

Exercise/touch

- Aerobic
- Aquatic
- Yoga
- Tai Chi; QiGong
- Massage
- Reflexology
- Therapeutic touch
- Kinesiology tape

Anti-inflammatory diet

- Plant-based foundation
- Fiber rich
- Limited saturated fat, no trans fat
- Omega-3 fatty acid rich
- Avoid processed foods & refined sugars
- Nuts and seeds
- Avoidance of gluten and/or dairy

Complimentary practices

- Acupuncture
- Osteopathic manipulation
- Physical therapy
- Occupational therapy
- Chiropractic
- Music therapy

Energies

- Ultrasonic stimulation
- Electrical neuromodulation
- Transcutaneous electrical nerve stimulation (TENS)
- Spinal cord stimulation
- Thermal application (heat/cold)
- Reiki
- Whole body vibration
- Infrared therapy

Interventional Approaches

- Ablative techniques
- Botulinum toxin injections
- Nerve blocks
- Trigger point injections
- Epidural steroid injections
- Minimally invasive surgical techniques

Emerging Therapies

- Virtual reality

Pharmacological treatments:

Nonopioid Analgesics

- Acetaminophen
- NSAIDs-naproxen is likely safest option
 - but consider side effects
 - Platelet aggregation inhibition
 - GI: dyspepsia & gastric ulceration
 - Nephrotoxicity
 - Cardiovascular (MI risk)
- COX-2 inhibitors-celecoxib

Antidepressants

- Tricyclics (TCAs)
 - Desipramine & nortriptyline
 - Amitriptyline
- Serotonin norepinephrine reuptake inhibitors (SNRIs)
 - Venlafaxine
 - Duloxetine
- Selective serotonin reuptake inhibitors (SSRIs)

Anticonvulsants

- Gabapentin
- Pregabalin
 - Topiramate
 - Lamotrigine
 - Levetiracetam
 - Phenytoin
 - Valproate
 - Carbamazepine/oxcarbazepine
- Benzodiazepines (esp clonazepam)

Adjuvants

- Topicals—lidocaine, capsaicin, NSAID, doxepin
- Antispasmodics
- Botulinum toxin
- Natural medicines
- Cannabis & cannabinoids

Resources

- Prescriber's Letter*
- Natural Medicines in the Clinical Management of Pain, Vol 15, No 106, Self-study course #150106*
- Up To Date*
- PCSS Podcast: Episode 8: Non-opioid pharmacological management of chronic pain, 5/23/17pcsspodcast.org/non-opioid-pharmacological-management-of-pain

*subscription required

Harm Reduction/Health Promotion

- Access to NALOXONE
- Avoid co-prescribing benzos and opioids
- Identifying OUD and referring to treatment