Non-pharmacological treatments:

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

### 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

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

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

### Complimentary practices
- Acupuncture
- Osteopathic manipulation
- Physical therapy
- Occupational therapy
- Chiropractic
- Music 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
  - Phenytin
  - Valproate
  - Carbamazepine/oxcarbazepine
- Benzodiazepines (esp clonazepam)

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

#### Harm Reduction/Health Promotion
- Access to NALOXONE
- Avoid co-prescribing benzos and opioids
- Identifying OUD and referring to treatment

### Resources
- Prescriber’s Letter*
- Natural Medicines in the Clinical Management of Pain, Vol 15, No 106, Self-study course #150106*
- Up To Date*

*subscription required