PAIN MANAGEMENT:
Ways to Manage Your Pain Without Opioids

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NON-PHARMACOLOGIC TREATMENT OPTIONS TO HELP TREAT PAIN:
- Rest, ice, heat, compression, bracing, wraps, splints, stretching
- Osteopathic manipulative medicine, physical therapy
- Massage therapy, acupuncture, chiropractic adjustments, regular exercise

PHARMACOLOGIC TREATMENT OPTIONS TO HELP TREAT PAIN:
- Acetaminophen (Tylenol®)
- Non-steroidal anti-inflammatory drugs (NSAIDS; Over-the-counter and prescription)
- Oral corticosteroids
- Topical non-steroidal anti-inflammatory creams and gels
- Low concentration topical capsaicin
- Topical lidocaine
- Muscle relaxants
- Corticosteroid injections
- Antidepressants such as selective serotonin reuptake inhibitors (SSRIs), serotonin and norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and bupropion
- Gabapentin or pregabalin

NEWER TREATMENT OPTIONS THAT MAY NOT BE READILY AVAILABLE:
- Spinal cord stimulation
- Stem cell injections
- Platelet Rich Plasma Injections (PRP)
- Medical marijuana
- Ketamine Infusion Therapy

PREVENTIVE MEASURES:
If you develop side effects from any of the above-mentioned medications, contact your doctor right away, or go to the nearest emergency room. All medications can have side effects and it is important you speak with your doctor and pharmacist to determine the best treatment plan for you.

SOURCE(S): Centers for Disease Control and Prevention, National Center for Biotechnology Information, Ohio Opioid Prescribing Guidelines