

# Medication Safety for Older Adults



## Pain management: Alternatives to medications for chronic pain

Pain is complex, which is a good thing because this means there are a variety of ways to treat it, with and without medication, depending on the cause and type of the pain. No single technique can be guaranteed to relieve pain, so a combination of approaches is generally recommended. Talk to your health care provider about your pain management options and which ones might be right for you.

### Alternatives to medications for treating chronic pain include:

- Prescription and non-prescription medications;
- Trigger point injections;
- Surgical implants;
- Electrical stimulation;
- Bioelectric therapy;
- Physical therapy;
- Exercise;
- Psychological treatment;
- Mind-body therapies (relaxation techniques, meditation, guided imagery, biofeedback and hypnosis);
- Accupuncture;
- Chiropractic treatment and massage;
- Nutritional supplements and herbal remedies; and
- Special diets.

The Ohio Department of Aging, through Ohio's area agencies on aging, offers Chronic Pain Self-Management workshops around the state. These free or low-cost programs are six-week, community-based workshops that can help you learn proven strategies to manage chronic pain and health conditions and to feel healthier.