

Alternative pain management

Pain is a normal part of the healing process. The goal of pain management is not 100 percent pain relief but ensuring you can still function with your pain while you heal.

Ask your doctor about pain relief options.

-  **Movement:** walking, stretching, exercising, yoga, tai chi.
-  **Over-the-counter medications:** ask your doctor if over-the-counter medications like acetaminophen or ibuprofen can help.
-  **Heat and cold therapies:** heating pads, ice packs, the RICE (Rest, Ice, Compression, Elevation) method.
-  **Distracting the mind:** making art, reading, listening to music or podcasts, watching TV, doing puzzles.
-  **Spending time in nature:** short walk if permissible.
-  **Apps for meditation or pain management:** Headspace, Insight Timer, Curable.
-  **Alternate therapies:** physical therapy, occupational therapy, behavioral health services, massage, acupuncture.
-  **Chronic pain:** best managed with a primary care provider and/or specialist.

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**Know your pain
management options**