

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.



Spending time in nature: short walk if permissible.



Over-the-counter medications: ask your doctor if over-the-counter medications like acetaminophen or ibuprofen can help.



Apps for meditation or pain management: Headspace, Insight Timer, Curable.



Heat and cold therapies: heating pads, ice packs, the RICE (Rest, Ice, Compression, Elevation) method.



Alternate therapies: physical therapy, occupational therapy, behavioral health services, massage, acupuncture.



Distracting the mind: making art, reading, listening to music or podcasts, watching TV, doing puzzles.



Chronic pain: best managed with a primary care provider and/or specialist.

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Washington State
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STARTS WITH
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**Know your pain
management options**