

RESTORATIVE MOVEMENT THERAPIES

- Physical therapy
- Occupational therapy
- Therapeutic exercise
- Yoga & Pilates
- Tai chi & Qigong
- Massage
- Therapeutic modalities of heat, cold, and electrical stimulation



INTERVENTIONAL PROCEDURES

- Steroid joint injections
- Nerve blocks
- Intramuscular dry needling
- Prolotherapy



COMPLEMENTARY HEALTH RESOURCES

- Acupuncture
- Chiropractic manipulation
- Art & music therapy
- Spirituality
- Nutritional counseling
- Mindfulness, breathing, and meditation practices



BEHAVIORAL HEALTH APPROACHES

- Cognitive behavioral therapy to improve coping skills
- Mindfulness-based stress reduction
 - Biofeedback
 - Relaxation training
 - Hypnotherapy



A variety of non-opioid therapies are effective to manage chronic pain to improve function and quality of life.

To make the best decision for your long-term health, discuss pain management options with your healthcare provider – carefully considering risks and benefits.

LET'S TALK PAIN MANAGEMENT OPTIONS



Help is available for opioid and heroin addiction and other substance use disorders. For more information, visit realhelpbr.com or call **(225) 925-1906**.



The Capital Area Human Services Opioid Prevention Alliance for Ladies and Girls (OPAL) is a collaborative initiative to increase awareness about opioid misuse prevention and treatment services.

NON-OPIOD MEDICATIONS

- Acetaminophen
- Aspirin
- Ibuprofen
- Naproxen
- Anticonvulsants
- Antidepressants
- Muscle relaxers
- Anti-anxiety agents

