

What are the Goals of Chronic Pain Treatment?

Work with your healthcare provider to set goals. Focus on goals that you can do to lessen the impact of your pain and improve your quality of life.

Some potential goals could be:

- Regain your ability to move, exercise, and participate in life
- Improve your happiness and satisfaction with life
- Increase your activities and connections with others
- Improve the overall quality of your life
- Reconnect with what is important to you
- Improve your ability to manage your pain and return to a healthy lifestyle
- Gain understanding of your chronic pain
- Correct other medical issues that can be caused by chronic pain → muscle weakness, poor sleep, poor diet



What are Some of the Options for Treating Pain?

HEALTH



WEALTH

1. Self-management

Everything you can do on your own to manage your health problems and live your life as fully as possible

2. Non-medication Treatments

Behavioral Therapies

- Learn to react to pain in a way that helps you function better and reduce your pain
 - Cognitive Behavioral Therapy (CBT)
 - Acceptance and Commitment Therapy (ACT)
 - Mindfulness-based Therapies

Acupuncture

Spinal manipulation (Chiropractic therapy)

Yoga and Tai Chi

3. Non-opioid Medication Treatments

Topical Treatments

- Gels, creams, ointments, or patches that are applied to the skin on a painful area
 - Diclofenac gel
 - Methyl salicylate cream/ointment
 - Lidocaine patch

