



Pain Management Strategies

Natural Interventions

- Cold and heat
- Exercise (swimming, walking, biking)
- Yoga
- Stretching
- Foam rolling or use of massage tools
- Mindfulness and/or meditation
- Deep breathing
- Adequate sleep
- Body pillow for sleep positioning
- CBD oils
- Cessation of smoking/alcohol intake
- Safe body mechanics (when lifting, sitting, walking, etc.)
- Postural supports (ergonomic desk chairs, lumbar supports, memory foam mats)
- Supportive footwear

Physical Interventions

- Therapeutic massage
- Physiotherapy
- Acupuncture
- Chiropractic treatment

Medical Interventions

- Pharmacological interventions (see physician)
 - Muscle relaxants
 - Tylenol
 - Topical ointments
 - Nutritional supplements