DO YOU SUFFER FROM CHRONIC PAIN?

7 TIPS TO EASE YOUR PAIN

Chronic Pain

Chronic pain can be more than just painful. It can also be frustrating, restricting, and tiresome. Unfortunately, it’s widespread, too; about 100 million Americans experience some kind of chronic pain. Read on to find out what you can do to manage chronic pain.

Seek Advice

Maybe you’ve sought treatment in the past but still struggle with chronic pain. Or maybe you’ve only recently realized that the discomfort you’ve been experiencing still hasn’t improved – maybe it’s gotten worse. The key to treating any kind of chronic pain is seeking the right advice in order to find the right treatment for you. Talking with a skilled doctor (like those at Pain Consultants USA) is the first step towards overcoming chronic pain and taking control of your life.

Exercise

Getting regular exercise is one of the best ways to manage chronic pain. At once efficient, fun, and beneficial to your overall health and wellbeing, physical activity has been shown to reduce chronic pain in many areas of the body.

Exercise has proven particularly effective in treating patients with low back pain, arthritis, and fibromyalgia. But at Pain Consultants USA, we take a step further by offering structured home exercise programs to patients with many other causes of chronic pain.
**Alter Your Diet**

A skilled medical professional can recommend changes to your diet to help you manage your pain. While eating a balanced, nutritious diet is instrumental in treating pain in general, experts in chronic pain management like those at Pain Consultants USA can help you tailor your diet to target your specific source of pain.

Sometimes, dietary supplements may be added to ensure you get enough of the specific nutrients your body needs. For instance, many patients with chronic pain (indeed, many Americans in general) are deficient in vitamin D. There is evidence to support that taking vitamin D supplements helps reduce symptoms in patients struggling with chronic pain.

**See a Specialist**

While lifestyle changes are paramount in treating chronic pain, seeking treatment outside of the home may be just as important. At Pain Consultants USA, we make it easy for you to find the treatment you need by providing referrals for physical therapy, acupuncture, osteopathic evaluation, and other specialists that may be required to treat your chronic pain.

A physical therapist can provide hands-on treatment and prescribe exercises to help you restore or maintain your ability to move without pain. Recent research has proven acupuncture (inserting fine needles into specifically designated points in the body) to be a very effective treatment for chronic pain in many patients. Osteopathic medicine looks at the whole body and its interconnected systems in order to understand and treat patients’ pain.

Of course, not all chronic pain requires all of these treatments. You’ll get the most benefit from using a specific treatment or combination of treatments. Talk to a medical professional to determine the most effective strategy for managing your pain.

**Non-Opioid Medication**

In cases where medication is necessary in order to manage chronic pain, it’s important to avoid opioid medications whenever possible. As evidenced by the ongoing opioid epidemic, opioid medications come with a massive amount of risk and can have detrimental effects on patients. Thankfully, non-opioid medications are more effective at treating chronic pain. There is no evidence in the medical literature over the last three decades to support using opioid medications in treating pain that lasts longer than 12 weeks.
Mind-Body Techniques

Meditation, mindfulness, and breathing exercises may also help you manage chronic pain. Clinical trials have shown meditation to significantly reduce symptoms in patients with chronic pain. Not only does meditation help alleviate stress associated with chronic pain; it also activates parts of the brain used in pain processing, aiding in the physical management of pain. Yoga combines mindfulness, physical activity, and often meditation, making it a particularly effective chronic pain treatment for some patients.

Therapeutic Massage

Therapeutic massage can help patients manage chronic pain in a few ways. For one, like meditation and breathing exercises, it may help reduce stress and, consequently, reduce pain. More importantly, though, therapeutic massage targets specific parts of the body to relax painful muscles, tendons, and joints.

From changing your diet and habits to taking up new physical activities, there are a number of ways that you can manage your own chronic pain. But ultimately, getting the right advice and treatment from medical professionals is the most effective strategy. Pain Consultants USA is here to help you.

Pain Consultants USA

Pain Consultants USA is redefining medicine with the goal of becoming the leader in the evolving field of telemedicine. Our mission is to restore the patient-physician relationship with accessibility and affordability at the forefront, while providing cutting edge care in the fields of neuromuscular and pain medicine.

The founders have a combined 14 years of experience caring for patients in the fields of pain medicine, neuromuscular rehabilitation, interventional spine and non-surgical orthopedics in both rural and urban locations. These subspecialties account for one of the largest groups of patients treated by healthcare providers, and many of the conditions addressed by these subspecialties can progress into the highly challenging and financially burdensome condition of Chronic Pain. At its core, Pain Consultants USA believes patient education and streamlined care coordination will improve outcomes. Visit our website, painconsultantsusa.com, to learn more.