

# Alternative Evidence-Based Treatments for Pain

## Non-Medication Therapies

### Physical Therapy & Exercise

Improves mobility, strengthens supporting muscles, and reduces pain signals over time. Strong evidence for back pain, arthritis, and many chronic pain conditions.

### Cognitive Behavioral Therapy (CBT)

Helps patients manage how thoughts and emotions affect pain. Shown to reduce pain intensity and improve coping strategies.

### Mindfulness & Meditation

Evidence supports mindfulness-based stress reduction (MBSR) in lowering chronic pain, anxiety, and depression associated with pain.

### Acupuncture

Backed by moderate to strong evidence for low back pain, headaches, and osteoarthritis.

### Spinal Manipulation (Chiropractic/Osteopathic)

Supported for acute and chronic low back pain in certain patients.

## Lifestyle & Integrative Approaches

### Weight Management & Nutrition

Reducing weight lessens load on joints, improves function, and decreases inflammation.

### Yoga & Tai Chi

Strong evidence for fibromyalgia, chronic low back pain, and arthritis-related pain.

### Sleep Optimization

Treating insomnia improves pain perception and quality of life.

## Key Point for Patients

These approaches are scientifically supported alternatives that may not work for everyone, but they are safe and effective strategies that can complement other treatments.