

Pain Management



can be designed and developed for the individual patient. Pain management plans can include both non-pharmacological and pharmacological treatment options. Common non-pharmacological treatment options used to safely and effectively manage pain include: physical therapy, massage therapy and psychotherapy. Common pharmacological treatment options used to manage pain include medications such as: acetaminophen, aspirin, ibuprofen, naproxen, celecoxib, lidocaine, gabapentin, cyclobenzaprine and opioids.

Finally, pain is common and researchers predict the prevalence of pain will only continue to increase over the next few years. Furthermore, due to a host of different factors, pain can be a challenge to manage. However, with a clear understanding of pain and pain management health care professionals can safely and effectively administer health care to patients experiencing pain.

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