

10 Alternatives to Opioids for Pain Management



1. Acupuncture

Acupuncture uses needles to stimulate certain points on or under the skin.



2. Guided Imagery

Guided imagery is a pain intervention that uses relaxation techniques and visualization of calming mental images to manage acute and chronic pain.

3. Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) is a form of talk therapy that helps people identify and develop skills to manage negative thoughts and behaviors around pain. CBT is the prevailing psychological treatment for individuals with chronic pain conditions such as low back pain, headaches, arthritis, orofacial pain, and fibromyalgia.



4. Complementary & Alternative Therapies

Group therapy, music therapy, and pet therapy are among some of the most commonly used complementary and alternative therapies used to provide comfort and alleviate pain and anxiety.

5. Aromatherapy

Aromatherapy has been used for pain management since the time of the ancient Egyptians.



6. Massage Therapy

Massage comes in two forms, relaxation and rehabilitative massage that can help rehabilitate injuries and reduce pain.



7. Hypnotherapy

Hypnotherapy is an alternative practice where a licensed hypnotherapist guides your mind to a highly focused mental state.



8. Chiropractic

Chiropractic care uses spinal manipulation to treat neuromusculoskeletal complaints such as back pain, neck pain, migraine headaches, fibromyalgia, and joint pain.

9. Herbs

Natural pain treatments include herbal medicines—plants that are used to treat health problems including pain management.



10. Medical Marijuana

More and more states are passing laws allowing medical marijuana use for conditions such as pain, headaches, nausea, seizures, and Crohn's disease.