



#1

Lifestyle

EXERCISE
Sleep & Nutrition, Stress management,
Weight loss (if overweight), Social activities,
Employment or volunteering, Hobbies



#2

Psychological

Counselling, Mindfulness,
Biofeedback, Self-management,
Support groups

#6

Medications

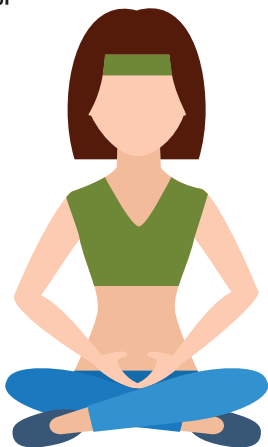
Are there to support you in working on the other 5 pillars. Pain medications are often only good for a 30% reduction in pain so don't forget to do the rest!



#5

Spirituality

Meditation, Praying/worship if you follow a religious belief system, Nature



#3

Physical Therapies

Physiotherapy, Chiropractics, Acupuncture, Massage, Osteopathy



#4

Interventional Therapies

Injections, Laser therapy, TENS.
Surgery is a LAST resort in most cases.

