6 Pillars of Pain Management

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

3. Physical Therapies
   - Physiotherapy, Chiropractics, Acupuncture, Massage, Osteopathy

4. Interventional Therapies
   - Injections, Laser therapy, TENS
   - Surgery is a LAST resort in most cases

5. Spirituality
   - Meditation, Praying/worship
   - If you follow a religious belief system, Nature

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!