

PAIN MANAGEMENT FOR AUTO ACCIDENTS



Surgery or Opioid pain relievers have known to cause more problems than cure.

TREAT PAIN AT THE SOURCE

NON-INVASIVE PAIN MANAGEMENT METHODS

1 Radio Waves

Radiofrequency ablation involves inserting a needle next to the nerve responsible for the pain. The electric current created by radio waves burns the nerve, short-circuiting the pain signal.



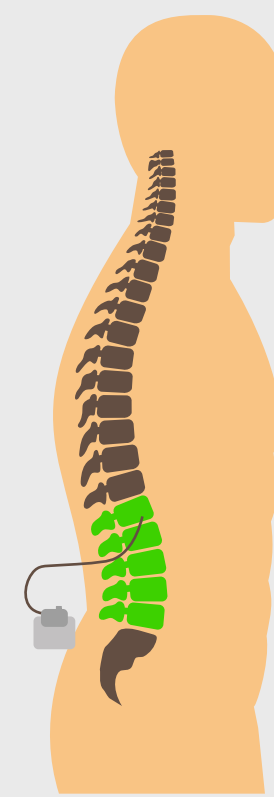
2 Osteopathic Manipulative Therapy (OMT)

Doctors trained in the osteopathic philosophy employ palpation with the hands to diagnose and treat musculoskeletal irregularities that cause inflammation and lead to disease.



3 Stimulator Implants

Spinal cord stimulation uses an implanted device that sends low levels of electricity directly into the spinal cord to relieve pain.



4 Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) is a form of talk therapy that helps patients change their awareness of pain and develop better coping skills – even if their pain doesn't change.



5 Massage Therapy

A drug-free alternative to pain management that uses relaxation and rehabilitative massage forms to rehabilitate injuries and reduce pain by stretching and kneading soft tissues in the body.



6 Ayurveda

Ayurveda focuses on balancing the mind, body and spirit and uses Panchakarma, herbs, Ayurvedic massage and stress management to relieve pain.



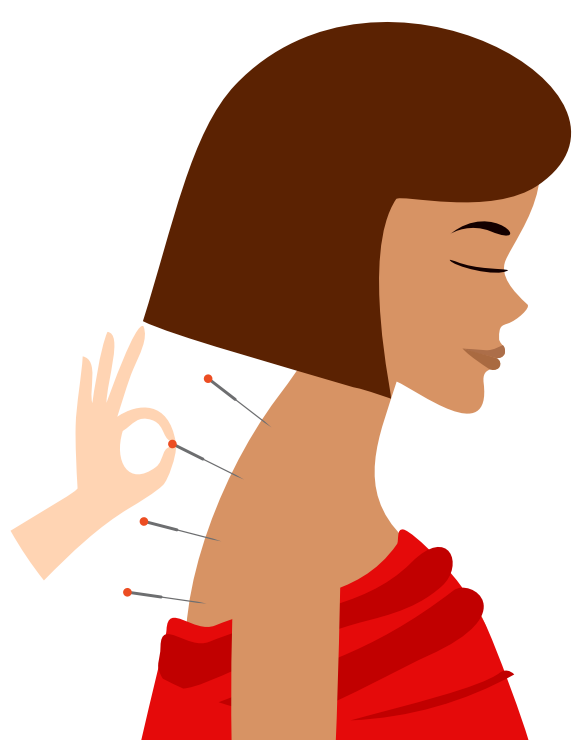
7 Physical Therapy

Physical therapists treat pain through movement, hands-on care, exercise, joint and soft tissue mobilizations, and dry needling to treat pain.



8 Acupuncture

Thin needles are inserted at different places in your skin to stimulate nerves to interrupt pain signals & release feel-good hormones.



Everyone responds to pain differently. If you are experiencing pain, discuss with your doctor to determine the best treatment plan for you.