



## KCA TOOL BOX TALK: Pain Management

Pain management most often refers to the treatment of pain from the spine, muscles, joints, and the nervous system. Pain management is often used in complex and/or chronic pain conditions. It can be used both for maintenance and chronic pain flare ups. Opioids should be avoided as the first line treatment provided by primary care.

There are many safe and effective alternative pain treatments that can be used prior to opioids:

- Physical therapy
- Chiropractic manipulation
- Non-opioid prescriptions such as NSAIDs, topical analgesics, and muscle relaxants
- Medical equipment such as lumbar sacral orthoses, cervical braces, transcutaneous electrical nerve stimulation (TENS) units, and other devices
- Interventional pain management procedures such as injections (trigger point, intraarticular joint, spinal epidural steroid, medial branch, facet joint), radiofrequency nerve ablations, or minimally invasive surgical procedures

Because pain is complex and individual, a thorough evaluation is necessary to determine which combination of pain management treatments is most effective. A comprehensive treatment plan may include referrals to multiple pain management providers.

For more information please visit your primary care doctor. Remember that options exist and ongoing research and evolving technologies continue to create new opportunities for addiction-free pain management.

### Signatures

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***Teamwork Improves Safety!***