

PAIN MANAGEMENT TREATMENT METHODS

Name:

Date:

Method Used	Dates Used	Affect (problems & improvements)
Muscle Relaxers		
<input type="checkbox"/> Muscle Relaxation		
<input type="checkbox"/> Cyclobenzaprine		
<input type="checkbox"/> Baclofen		
<input type="checkbox"/> Norflex (orphenadrine)		
<input type="checkbox"/> Valium		
<input type="checkbox"/> Zanaflex (Tizanidine)		
<input type="checkbox"/> Passiflora		
<input type="checkbox"/> Valerian		
<input type="checkbox"/> Chamomile		
<input type="checkbox"/> Licorice		
<input type="checkbox"/> Lobelia Extract		
<input type="checkbox"/> Calcium/ Magnesium		
<input type="checkbox"/> Vistaril or Hydroxyzine		
Anti-Inflammatories		
<input type="checkbox"/> NAISD		
<input type="checkbox"/> Omega-3		
<input type="checkbox"/> Aspirin		
<input type="checkbox"/> Naprosyn		
<input type="checkbox"/> Naproxen/Aleve		
<input type="checkbox"/> Ibuprophen/Advil		
<input type="checkbox"/> Acetaminophen/ Tylenol		
<input type="checkbox"/> Glucosamine - Chondroitin		

<input type="checkbox"/> Bioflavonoids		
<input type="checkbox"/> Systemic Enzyme		
<input type="checkbox"/> Devil's Claw		
<input type="checkbox"/> Grounding or Earthing		
Pain System Medications		
<input type="checkbox"/> Morphine		
<input type="checkbox"/> Methadone		
<input type="checkbox"/> Vicodin		
<input type="checkbox"/> Oxycodone		
<input type="checkbox"/> Hydrocodone		
<input type="checkbox"/> OxyContin		
<input type="checkbox"/> Kadian		
<input type="checkbox"/> MS Contin		
<input type="checkbox"/> Lyrica		
<input type="checkbox"/> Neurontin		
<input type="checkbox"/> Amitriptyline		
<input type="checkbox"/> Ultram		
<input type="checkbox"/> Transdermal Pain Patches		
<input type="checkbox"/> Kava Root		
<input type="checkbox"/> White Willow		
<input type="checkbox"/> Horsetail		
<input type="checkbox"/> Valerian		
<input type="checkbox"/> Cayenne Pepper		
<input type="checkbox"/> Prescribed Medical THC		

<input type="checkbox"/> CBD oil		
<input type="checkbox"/> Curcumin/Turmeric		
Manipulation & Physical Therapies		
<input type="checkbox"/> Craniosacral Massage		
<input type="checkbox"/> Massage		
<input type="checkbox"/> Chiropractics		
<input type="checkbox"/> Acupressure		
<input type="checkbox"/> Acupuncture		
<input type="checkbox"/> Stretching		
<input type="checkbox"/> Yoga		
<input type="checkbox"/> Occupational Therapy		
<input type="checkbox"/> Physical Therapies		
<input type="checkbox"/> Aquatic Therapy		
<input type="checkbox"/> Traction		
<input type="checkbox"/> Hot Tub/Spa		
<input type="checkbox"/> Ultrasound		
<input type="checkbox"/> TENS Unit		
<input type="checkbox"/> Moist Heat & Ice Packs		
<input type="checkbox"/> Infrared light therapy		
Psychological/Spiritual Methods		
<input type="checkbox"/> Psychotherapy & Counseling		
<input type="checkbox"/> Pacing Activities		
<input type="checkbox"/> Sleep & Sleep Treatment		
<input type="checkbox"/> Know Your Limitations		

<input type="checkbox"/> Biofeedback/Neurofeedback		
<input type="checkbox"/> Nutritional Balance		
<input type="checkbox"/> Spirituality		
<input type="checkbox"/> Psychopharmacology		
<input type="checkbox"/> Support Groups		
<input type="checkbox"/> Meditation & Distraction		
<input type="checkbox"/> Hypnosis		
<input type="checkbox"/> Self-hypnosis		
<input type="checkbox"/> Transcendental Meditation		
<input type="checkbox"/> Breathing Exercises (i.e., Hatha Yoga)		
<input type="checkbox"/> Relaxation Techniques		
<input type="checkbox"/> Stress Management		
<input type="checkbox"/> Chi Training		
<input type="checkbox"/> Tai Chi & Qi Gong		
<input type="checkbox"/> Enjoyable Activities (distraction)		
<input type="checkbox"/> Spiritual Exercises & Practices		
Medical Pain Methods		
<input type="checkbox"/> Ketamine infusion		
<input type="checkbox"/> Epidural injections		
<input type="checkbox"/> Surgical		

In the space below, please list anything that you have found that works best for your pain reduction and management: