

GET ON THE ROAD TO RECOVERY



Having chronic pain is like a car with four flat tires.



Medication only puts air in one of the tires. Medication may only offer 25-30% relief.



You need to fill the other 3 tires to feel your best and manage your pain symptoms.

Know Your Stats Before You Hit the Road

Treatment Comparisons Treatment Reduction in Pain Intensity



Physical fitness
30-60%



CBT/Mindfulness
30-50%



Sleep restoration
30-40%



Opioids (Pain Medication)
30%



Tricyclics (such as Amitriptyline)
30%



Anti-epileptics (such as Gabapentin)
30%



Cannabis
10-30%



Acupuncture
10%



Best Choice



Few Side Effects



Lower Cost



Natural Approach to Feeling Better

HOW WILL YOU FILL YOUR EMPTY TIRES? PICK FROM A MENU OF CHOICES:



Exercise



Cognitive
Behavioral



Sleep
Restoration



Acupuncture



Massage



Support
Groups



Nutritional
Support



Biofeedback



Weight
Reduction



Stress
Reduction



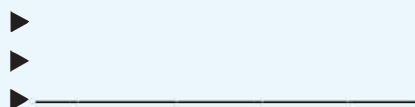
Physical
Therapy



TENS Unit



Let's Get You on The Road To Recovery! My Selection from the Menu of Choices



Adapted from The American Chronic Pain Association "Car with Four Flat Tires"

