My medication for chronic back pain isn’t working. What are my options other than taking more drugs?

September 3, 2019 By Lucinda K. Porter RN

Kudos to you for considering other options. The field of pain management has much to offer besides drugs, including physical therapy, relaxation exercises and mindfulness-based pain-reduction techniques. Additionally, the medical specialty known as physiatry offers a variety of nonmedication approaches to aid people with musculoskeletal pain and injury.

One mistake people sometimes make is to assume that their only alternatives are to take medication, have surgery or live in pain. There are many more options. Back pain can have a variety of causes, which lend themselves to different pain-management approaches. If you are having trouble getting relief for your pain, talk to your medical provider or get another medical opinion.

September is Pain Awareness Month. Click here for more information.

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