

Try Non-Drug Pain Management Options



Talk to your health care provider to find out if one of these non-drug options might help manage your pain as a Service member.



Acupuncture

What is it?

A trained professional inserts thin needles into your skin or ears to reduce pain in other parts of your body.

Helps relieve:

- › Low back pain
- › Neck pain
- › Knee pain
- › Certain types of headaches



Chiropractic Care

What is it?

A health care professional performs hands-on adjustments to your spine or other parts of your body.

Helps relieve:

- › Low back pain
- › Headaches
- › Neck pain
- › Joint pain
- › Pain from whiplash associated disorders



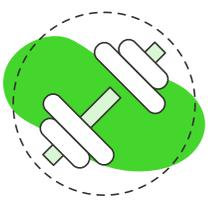
Spinal Cord Stimulation

What is it?

A surgeon places medical devices around your spinal cord, and after the surgery, you can turn these devices on to help block pain signals from going to your brain.

Helps relieve:

- › Chronic pain that doesn't get better with other treatments
- › Pain from an injury
- › Pain after surgery
- › Pain in the back or limbs



Physical Therapy

What is it?

A professional guides you through exercises, stretches and other movements to help you recover from disease or injury.

Improves:

- › Muscle strength
- › Joint motion
- › Coordination and endurance

Take the First Steps:



Talk to your health care provider about how to access these services and if you need a referral. Some options are only available at designated military treatment facilities (MTFs) and may only be covered for active duty.



Check with your local MTF, fitness center or Morale, Welfare and Recreation (MWR) for other pain management options you might be able to use like yoga, meditation, exercise and relaxation therapy.



Visit [Tricare.mil/CoveredServices](https://www.tricare.mil/CoveredServices) to see which of these options are covered.



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