





TRY NON-DRUG PAIN MANAGEMENT OPTIONS

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

	What is it?	Helps relieve:
 <p>ACCUPUNCTURE</p>	<p>A professional inserts thin needles into your skin or ears to reduce pain in other parts of your body</p>	<ul style="list-style-type: none"> • Pain from carpal tunnel syndrome • Headaches • Osteoarthritis pain • Other muscle, bone and joint pain
 <p>CHIROPRACTIC CARE</p>	<p>A professional performs hands-on adjustments to your spine or other parts of your body</p>	<ul style="list-style-type: none"> • Lower-back pain • Headaches • Neck pain • Pain from joint conditions • Pain from whiplash-associated disorders
 <p>SPINAL CORD STIMULATION</p>	<p>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</p>	<ul style="list-style-type: none"> • Chronic pain that doesn't get better with other treatments • Pain from an injury • Pain after surgery • Pain in the back or limbs
 <p>PHYSICAL THERAPY</p>	<p>A professional guides you through exercises, stretches and other movements to help you recover from a disease or injury</p>	<p>Improves:</p> <ul style="list-style-type: none"> • Muscle strength • Joint motion • Coordination and endurance

TAKE THE FIRST STEPS:

1

Talk to your provider about how to access these services. Some options are only available at designated Military Treatment Facilities (MTFs) and may only be covered for Active Duty Service members.

2

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.

3

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

Contact Us: dha.ncr.comm.mbx.prevent-substance-misuse@mail.mil

