

CREAKYJOINTS PRESENTS

HEALTH & WELLBEING

Complementary Treatments

Chronic pain should be treated using multiple approaches. Complementary therapies may be used in addition to medical treatment. Talk to your doctor about what is the best option for you!

NUTRITION

A healthy, balanced diet, such as Mediterranean, anti-inflammatory, gluten-free, or dairy-free diet, among others, which can be used alongside medical and other complementary treatments to help you manage pain.

EXERCISE

When engaged in safely and under your doctor's supervision, exercises such as Yoga, Tai Chi, Aquatic exercise, stretching and/or strength training can help you better manage your pain.

SLEEP HYGIENE

Going to bed and waking up at the same time each day, avoiding electronics, and keeping your room at a comfortable temperature, as well as exercise and coping methods like CBT can help sleep and combat symptoms of fatigue.

ACUPUNCTURE TREATMENT

Individual and Group Acupuncture can be beneficial in managing symptoms of pain. Its effects can ease your pain, increase a sense of calm, and improve digestion, to name a few possible benefits.

STRESS MANAGEMENT

Relaxation therapies such as biofeedback, self-hypnosis, deep breathing techniques, meditation, mind and body practices, mindfulness as well as practicing self-care techniques can help you manage stress and pain.

HERBS & SUPPLEMENTS

Before you take any herbal treatments or dietary supplements, including vitamins or minerals, let your doctor know. Some herbs and supplements can interact with medicines, or even do the same thing — so they can add to the effects of your drugs.

CREAKYJOINTS

CreakyJoints provides many educational tools to help you learn about your symptoms and better ways to manage your chronic condition. To learn more about resources and support visit www.CreakyJoints.org.

