

## Additional Non-Pharmacological Therapies

Yoga is a mind-body and exercise practice that includes breath control, body postures and simple meditation. It can be helpful for decreasing chronic pain in addition to improving daily function in patients living with chronic pain. Yoga breathing, relaxation and meditation will help to distract the mind from pain and reduce tension.

Tai Chi is a low-impact, mind-body exercise program involving meditative movements practiced as exercise. The slow motion and weight shifting, which improves musculoskeletal strength and joint stability, combined with concentration and mindfulness meditation can affect mood and pain perception.

Physical therapy can reduce pain and improve function through education about posture and positioning, exercise and strengthening, massage, joint mobilization and manipulation, use of a TENS unit for electrical nerve stimulation and heat and cold modalities.

Massage is manipulation applied to soft tissue, including muscles and joints. It can effectively decrease muscle tension, inhibit pain messages, and increase endorphins, thereby contributing to relaxation and decreased pain.

Acupuncture is derived from Chinese medicine and uses needles to stimulate specific points on the body to allow for the flow of energy, referred to as chi. It suppresses the pain stimulant or stimulates analgesia mechanisms. Additionally, acupuncture may stimulate the production of endorphins, serotonin and acetylcholine within the nervous system. Acupressure is similar to acupuncture but involves the use of pressure instead of needles.

Energy therapies are alternative therapies that strive to balance life-force energies by balancing an individual's energy flow. Energy therapies include therapeutic touch and Reiki.

Aromatherapy is the use of plant extracts and essential oils to promote health and well-being. It can be useful in altering one's perception of anxiety and/or pain and enhances both emotional and physical health.