

Take control of your health. Create a personalized plan for your pain.
Create a safe and effective treatment plan that is right for you.

Alternatives to Opioids: Medications

Antidepressants

- Tricyclic antidepressants (amitriptyline, nortriptyline)
- Serotonin-norepinephrine reuptake inhibitors (duloxetine, venlafaxine)

Anticonvulsants

- Gabapentin (Neurontin)
- Pregabalin (Lyrica)



Non-Opioid Analgesics

Acetaminophen (Tylenol)

Effective for mild to moderate pain. Does not affect the gut or cause constipation. Safe for most people, but avoid if you have liver disease or are taking other medications that affect the liver.

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)

Aspirin, Ibuprofen (Advil, Motrin), Naproxen (Aleve, Naprosyn)

Effective for moderate to severe pain and inflammation. Can cause stomach upset, heartburn, and increase the risk of bleeding. Avoid if you have a history of stomach ulcers or are taking blood thinners.

Topical Pain Medications

Topical NSAIDs, Lidocaine Patches, Capsaicin Cream

Effective for localized pain. Less risk of systemic side effects compared to oral medications. Capsaicin cream can cause a burning sensation.

Muscle Relaxants

Cyclobenzaprine (Flexeril), Tizanidine (Zanaflex)

Effective for muscle spasms and pain. Can cause drowsiness, dizziness, and dry mouth. Avoid if you are taking other medications that affect the liver or kidneys.

Herbal Supplements, Acupuncture, Chiropractic, Massage, Yoga, and Tai Chi

Herbal supplements (e.g., turmeric, ginger), Acupuncture, Chiropractic, Massage, Tai Chi

These therapies can be used in combination with other treatments. Herbal supplements should be used cautiously and may interact with other medications. Acupuncture, chiropractic, massage, and tai chi can help reduce pain and improve function. Always consult with your healthcare provider before starting any new therapy.

Behavioral Pain Management

Includes cognitive-behavioral therapy (CBT), mindfulness, and relaxation techniques. These approaches can help manage pain by changing the way the brain processes pain signals. They are often used in conjunction with other treatments.