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Different Ways of Chronic Pain Treatment by [Dr. Southwick](#)

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It is very hard to be constantly in pain and that is why chronic pain is the worst pain ever, people are diagnosed to suffer from chronic pain when they have persistent pain that doesn't go away for more than three months. Living in pain will cause anxiety, depression, and sleep problems of course. Most people having chronic pain will have more days off at work because of their pain, leaving them with low productivity level and bad reviews.

With negative feelings like anxiety and irritation, chronic pain might even get worse. That's why chronic pain treatment will mostly consists of two parts: chronic pain management and chronic pain medication. Medication will probably involve non steroidal anti inflammatory medication to help stiff muscles loosen and reduce the pain quickly. There also some other medications for chronic pain like opioids, Corticosteroids, antidepressants, and over the counter creams. However, it is highly recommended to ask your doctor before having any medication. The effect of pain management medication will differ from one patient to the other and that what make is it hard for some patients to find the right kind for them.

Some alternative chronic pain treatments will involve ice and heat; ice is already known with its effect on reducing acute pain. When it comes to chronic pain, it can help reduce the stiff muscles as well. Heat can increase the blood circulation creating good opportunity to loosen joints and relaxing muscles. You can direct some hot water at the pain area for a quick relief.

Complementary approaches can also help in healing chronic pain like yoga, herbal remedies, special diets and exercises, and acupuncture where small needles are placed in energy points of certain body area to help reduce the pain.

About chronic pain management; they are techniques applied by the patient to help him or her manage the pain. They won't actually eliminate the pain but they will help in reducing anxiety that makes pain even bigger and more painful. The first thing you should do is to confess that you are in pain. It is worse to pretend that everything is okay while you are feeling pain. Talk about the pain you have to trusted people and the doctor, cry, take some days off, and do whatever you have to do to acknowledge the pain you have.

You can then join some chronic pain management groups to talk and receive advices about managing the pain you feel. Being with people with the same condition might help so much knowing that you are not alone. You don't have to suffer in silence, keep going to the doctor and empower your state of mind to get rid of chronic pain once and for all.

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