

ABOUT PAIN MANAGEMENT



Pain management, also called pain medicine, is a type of specialized medical care designed to minimize the impact of surgical pain or chronic pain. Chronic pain, in particular, can be difficult to control and sometimes impossible to cure. But pain management treatments can reduce pain and help patients enjoy a better quality of life.

Who Can Benefit From Pain Management

Pain management can treat recurring pain that follows surgery, spine problems, pain associated with cancer or cancer treatment, neuropathic diseases, migraines and injuries such as whiplash.

Who Practices Pain Management

Pain management draws specialists from many different medical fields. Your specialist may have a background in anesthesiology, physical therapy, neurology or psychology. Pain management practitioners work closely with a patient's doctors and nurses to create a plan that is tailored to each patient's needs.

Types of Treatment

Chronic pain may be treated with a variety of tools, including injections, physical therapy, lifestyle changes, exercise and psychological treatments. Patients take an active role in their own treatment, providing feedback to help the specialist design the most effective plan possible.

Living With Chronic Pain

Pain management therapy can greatly reduce a patient's pain and provide coping strategies that keep pain from being intolerable. Although some types of chronic pain can never be completely eliminated, pain management can bring significant relief to many people.

