

U.S. PAIN FOUNDATION POSITION STATEMENT – INTEGRATIVE AND COMPLEMENTARY THERAPY OPTIONS

U.S. Pain Foundation supports integrative and complementary therapy as a valuable addition to the conventional chronic pain management plan. It is not advisable to replace a prescribed regimen of medication, especially without consulting a doctor. Instead, integrative and complementary therapies can be added to a pain management plan in order to provide an extra measure of relief.

Complementary medicine has been defined by the National Center for Complementary and Alternative Medicine as a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Some can be used together with conventional medicines to help patients such as using acupuncture in addition to the usual care to treat pain, which is why it is called complementary medicine.

Today, integrative approaches are being used for Pain Management for Military Personnel and Veterans, Symptom Management in Cancer Patients and survivors as well as in the area of health-related behaviors. Simply put, there is no one-size-fits-all model to treat chronic pain.

The goals of an appropriate pain management program should be to decrease pain and suffering, improve physical and mental functioning, and to ensure improved quality of life. Patients have sought out non-conventional treatments when conventional medicine failed, and the recent attention on improving pain in America has placed an even greater emphasis on alternative and complementary modalities in the field of pain medicine.

U.S. Pain Foundation supports integrating alternative therapies with conventional treatment and therapies when it comes to healing. Not only can alternative health therapies help you to improve the quality of your life and feel better, they can also help you to improve your overall general health in order to help cope more effectively with pain.