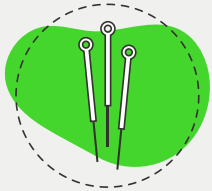


Try Non-Drug Pain Management Options



Talk to your health care provider to find out if one of these non-drug options might help manage your pain as a Service member.



Acupuncture

What is it?

A trained professional inserts thin needles into your skin or ears to reduce pain in other parts of your body.

Helps relieve:

- Low back pain
- Neck pain
- Knee pain
- Certain types of headaches



Chiropractic Care

What is it?

A health care professional performs hands-on adjustments to your spine or other parts of your body.

Helps relieve:

- Low back pain
- Headaches
- Neck pain
- Joint pain
- Pain from whiplash associated disorders



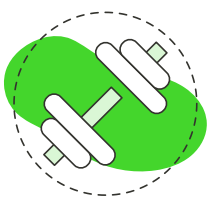
Spinal Cord Stimulation

What is it?

A surgeon places medical devices around your spinal cord, and after the surgery, you can turn these devices on to help block pain signals from going to your brain.

Helps relieve:

- Chronic pain that doesn't get better with other treatments
- Pain from an injury
- Pain after surgery
- Pain in the back or limbs



Physical Therapy

What is it?

A professional guides you through exercises, stretches and other movements to help you recover from disease or injury.

Improves:

- Muscle strength
- Joint motion
- Coordination and endurance

Take the First Steps:



Talk to your health care provider about how to access these services and if you need a referral. Some options are only available at designated military treatment facilities (MTFs) and may only be covered for active duty.



Check with your local MTF, fitness center or **Morale, Welfare and Recreation (MWR)** for other pain management options you might be able to use like yoga, meditation, exercise and relaxation therapy.



Visit [Tricare.mil/CoveredServices](https://www.tricare.mil/CoveredServices) to see which of these options are covered.

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