

Table 4-9: Non-pharmacologic Interventions

PHYSICAL THERAPIES

Cutaneous stimulation (superficial heat, cold, and massage)

Transcutaneous electrical nerve stimulation (TENS)

Acupuncture

Bed rest

PSYCHOLOGICAL THERAPIES

Hypnosis

Relaxation, imagery, biofeedback, distraction, and reframing

Patient education

NEUROSURGICAL PROCEDURES

Nerve blocks

Cordotomy