



# Physical



Exercise



Acupuncture



Manual Therapy



# Psychological



Mindfulness



Cognitive Behavioural Therapy



Yoga



# Preventive



Splints and Braces



Healthy Weight



Foot Orthotics

## Thinking Outside the Medicine Cabinet: Non-Drug Ways to Manage Chronic Pain

Ask your health care provider about options you can use to manage your chronic pain.



To learn more about these methods for pain management, visit:

[www.cadth.ca/chronicpain](http://www.cadth.ca/chronicpain)