



SAFE PAIN MANAGEMENT AT HOME

ASK FOR THE ALTERNATIVES

It's natural to want quick relief from pain. And while prescription opioids and other medications can provide that, they may not be safe or effective for long-term chronic pain management.

Prescription opioids put you at risk of:

Addiction

Some studies show that taking opioids for just 5 days can increase the likelihood of future use and addiction.

Tolerance

Over time, bodies get used to opioids and they may stop providing pain relief.

Side-Effects

Even when used as directed, opioid medications can cause depression, confusion, and increased sensitivity to pain.

In many cases, pain management treatment can happen at home—often at no cost to you.

See reverse to explore treatment options that may be right for you.

At-home pain management options

Safe, long-term management of chronic pain doesn't involve prescription medication. All of the following techniques can be done right from your home, with no risk of drug dependency and little to no cost.



Stretching

Routine stretching exercises reduce tension in muscles and increase flexibility, circulation, and range of motion to help alleviate pain.



Meditation

Mindfulness meditation shifts the mind's focus to something quiet and calm, which can help reduce inflammation and pain.



Yoga

Yoga is an ancient mind and body practice involving physical movements and postures, breathing techniques, and meditation that can help relieve pain and improve mental health.



RICE

Minor to moderate knee, ankle, and joint injuries may benefit from the RICE method (Rest, Ice, Compression, and Elevation), which helps reduce swelling and pain, as well as promote healing.

At-home tip: Many yoga instructors offer free online videos of classes and meditation sessions you can stream 24/7.

RICE basics:

- Rest the injured area
- Ice it for 20 minutes 3+ times a day for 3 days
- Compress it for up to 3 days to reduce swelling
- Elevate it above heart level



Weight Loss

Diet and exercise can help reduce excess weight that puts stress on the body (particularly on joints), resulting in improved pain management.



Over-The-Counter Medications

Acetaminophen, ibuprofen, and aspirin can all treat general pain. Always follow recommended dosing instructions and be aware of possible side effects.

At-home tip: Telehealth services continue to grow, allowing you to connect with healthcare professionals from your home. Consider reaching out to get the support and care you need.

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Learn more about alternative pain management treatments at [AskForAlternatives.com](https://www.AskForAlternatives.com)

A PROGRAM OF



Community Overdose Action Team
Working Together To Combat Overdoses and Drug Abuse



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