

20 Tools for Fighting Pain

Pain management techniques are helping millions of seniors enjoy their later years in greater comfort.



ACUPUNCTURE

BIOFEEDBACK

COUNSELING

HEAT AND COLD

INJECTIONS

MASSAGE

MEDICATIONS

Q M Y O S Z N X M I P G W T S G Y
 U E Y R B N T E H O N N E R S N S
 I D G F E C O C U I H N X N Q I E
 T I Y A D G I I H M S Y O K A L P
 S T R H S A A C T D A I T C A E U
 M A E J T S T M E C T W U B X S O
 O T G Q Y E A V I A E P T T F N R
 K I R Z R O I M C L U J D J C U G
 I O U T O C G I A N A F N K K O T
 N N S O E S D A C R J U L I Z C R
 G Y P A R E H T L A C I S Y H P O
 M K D P M V U S L E E P Z I P S P
 N O I T I R T U N B U F L S V P P
 S I Y P E D L O C D N A T A E H U
 Y F X V B I O F E E D B A C K B S
 R E L A X A T I O N L
 M B U Y F D T O X V V



MEDITATION

NUTRITION

PHYSICAL THERAPY

QUIT SMOKING

RELAXATION

SLEEP

STRETCHING

SUPPORT GROUP

SURGERY

TAI CHI

TENS DEVICE

VISUAL IMAGERY

YOGA

