

NAVIGATING YOUR PAIN JOURNEY

Find the right treatment for your condition

SELF CARE & WELLNESS

Self, Family, Support Groups

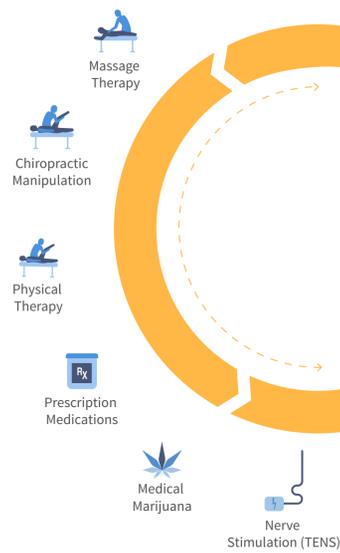
Self care pain management techniques help individuals in pain become more active, manage symptoms, reduce frustration, and minimize depression and other mood disorders.



PRIMARY & ALTERNATIVE CARE

Primary Care Physician (PCP), Physician Assistants, Internal Medicine, Physical Therapist, Massage Therapist, Acupuncturist, Psychologist

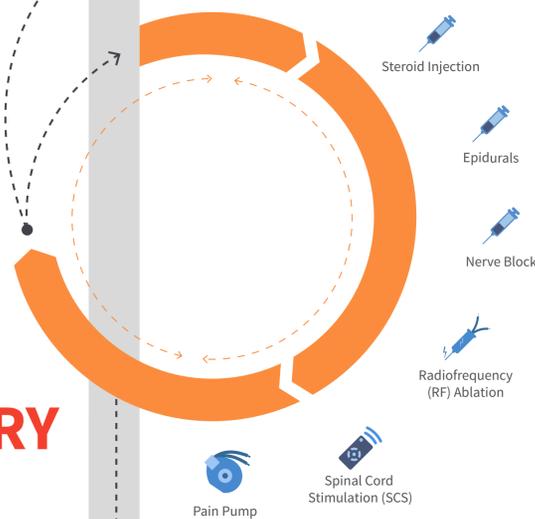
General health care management provided by trained experts. As a person in pain, these are the individuals that you first discuss your symptoms with.



SPECIALTY CARE PROCEDURES

Pain Management Specialist, Physiatrist, Anesthesiologist, Neurosurgeon

Medical experts that have completed advanced training with specialized procedures related to pain management. Minimally invasive procedures in this category may be good alternatives to more complex surgery.



SPECIALTY CARE SURGERY

Neurosurgeon, Orthopedic Surgeon

Medical experts that have completed advanced training with surgical procedures related to pain management.

