



Symptom Relief for Chronic Pain

1. DIAGNOSIS

- Back pain - without sciatica
- Back pain - with sciatica
- Arthritic - Location: _____
- Fibromyalgia
- Chronic pain following traumatic injury
- Other: _____

2. GENERAL INSTRUCTIONS

- Before starting any treatments, set a functional goal*
- Physical therapy
 - Massage/acupuncture
 - Hot and cold therapy
 - TENS units
 - Weight loss
 - Yoga/Tai-chi
 - Compression elevation
 - Osteopathic manipulation

3. SPECIFIC MEDICINE

- Acetaminophen
- NSAID (three different classes for sequential trial):
 - Ibuprofen
 - Celecoxib
 - Diclofenac

Note: Other NSAID classes are available and can be options if one of the listed fails to achieve analgesia
- Neuropathic options:
 - Gabapentinoids, SNRI, TCA

Note: Opioids (including tramadol) should only be considered for people with severe pain who have failed multiple safer treatments. They should only be used at the lowest possible dose in conjunction with other treatments and carries a significant risk for adverse events.

4. FOLLOW UP

- Retrying medications and other interventions that have failed in the past can produce different results
- Measure success of medications against function/quality of life goal
- Frequent follow up is necessary when on high-risk medications (approximately every 3 months)
- Access and reassess for comorbid clinical depression and anxiety

Signed: _____

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