If you have questions about your pain management, speak to your provider or contact the Patient Representative Office at 612-873-8585.

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Hennepin County Medical Center provides services without regard to race, color, creed, religion, age, sex, disability, marital status, sexual orientation, gender identity, public assistance or national origin.
Hennepin County Medical Center provides pain management in a caring and healing environment. Talk with your provider about the best choice to manage your pain. Please note many of these treatment options are only helpful in specific types of pain.

**Non-Narcotic Treatment Options**

**Medicine**
- *Acetaminophen* is helpful for pain from arthritis, headache, muscle sprains.
- *Ibuprofen* and *naproxen* (non-steroidal anti-inflammatories) are helpful for pain from muscle sprains, arthritis, headache and gout.
- *Pain creams* are applied to your skin to relieve pain from arthritis, muscle sprains or shingles pain.
- *Gabapentin* is used for pain from shingles, diabetes and sciatica.
- *Duloxetine* is used for low back pain, arthritis, fibromyalgia and diabetic nerve pain. It can also help with depression and anxiety.
- *Pregabalin* is used for fibromyalgia and nerve pain from diabetes.
- Tricyclic antidepressants like *amitriptyline* can help nerve pain from diabetes, fibromyalgia and other conditions. They also help with depression and anxiety.

**Alternative Medicine**
- Chiropractic Care
- Acupuncture
- TENS unit (provides gentle electrical stimulation in painful areas to diminish pain signals to the brain)

**Physical Medicine**
- Physical Therapy
- Pool Therapy
- Yoga

**Behavioral Medicine/Psychotherapy**
- Support for depression and anxiety associated with chronic pain

**Alternative Therapies**
- Biofeedback
- Visualization and Relaxation

Please discuss with your provider if there is a role for weight loss, exercise, Vitamin D, stress reduction or dietary changes.

**Procedures to Control Pain**

Your doctor may talk to you about some of these procedures to help control your pain.

**Injections**
- Joint Injections
  - For conditions such as rheumatoid arthritis, gout, tendinitis, bursitis and osteoarthritis.
- Nerve Injections
  - To block nerves that cause pain in a certain area.
- Epidural Steroid Injections
  - For spinal disc herniation (slipped discs). A small amount of steroid is injected into the space around the spinal cord and spinal nerves.

**Radiofrequency Ablation**
- Radiofrequency waves to treat nerve pain.

**Spinal Cord Stimulator**
- Uses electrical signals to decrease chronic pain.

Please discuss with your provider if the evidence supports these procedures’ use in your situation.