

## What options are there for treatment of my spine pain?

- Acupressure/ Acupuncture
- Alexander technique
- Aromatherapy
- Aston-Patterning
- Back braces
- Biofeedback
- Chiropractic/ Rehabilitation
- Cognitive-Behavioral interventions
- Comprehensive Chronic Pain Program
- Coping techniques
- Craniosacral therapy
- Electrotherapy/ TENS/ EMS
- Ergonomics
- Exercise ball
- Food supplements (Glucosamine, Vitamins)
- Graston technique
- Heat therapy/ Diathermy/ Ultrasound
- Hypnosis
- Ice therapy/ Cold therapy/ Cryotherapy
- Injections (trigger point, epidural, facet, nucleoplasty, etc.)
- Intradiscal electrotherapy
- Low-impact Aerobic conditioning
- Manipulation under anesthesia
- Massage therapy/ chair/ treatment/ Shiatsu
- Mckenzie exercises
- Medications (Pain, Muscle Relaxers, Adjunctive, Anti-inflammatory)
- Meditation
- Osteopathic Manipulation
- Physical Therapy/ Rehabilitation
- Pilates
- Polarity therapy
- Postural/ positioning evaluation and treatment
- Psychologic intervention
- Radiofrequency Neurotomy
- Reiki
- Relaxation
- Rolfing
- Smoking Cessation
- Stretching
- Surgery (discectomy or Spinal Fusion)
- Swimming
- Tai Chi
- Topical numbing or counter-irritant agents
- Traction
- Walking
- Water exercise
- Weight reduction
- Yoga
- Zero balancing