Balancing Treatment to Improve Function: Chronic Noncancer Pain

Psychological Treatment
• Self management, acceptance, enhance self control
• Assertive participation in care, integration of complementary and alternative methods
• Cognitive Behavioral Therapy (CBT)

Rehabilitation
• Improve functional ability
• Overcome deconditioning
• Owning increased activity
• Pacing oneself

Medical
• Medication
• Intervention/Procedure
• Following the treatment plan
• Coordination of care

Everything else: insurance, work, disability, family, leisure, meaning

Adapted from and used with permission: Brett R. Stacey, MD, Comprehensive Pain Center, Oregon Health Science University