## Pain Management

Occupational therapy can help clients manage their pain in various ways. Agent modalities are beneficial for treating nociceptor pain, while chronic pain can be managed by a number of strategies that involve physical and psychological interventions.\(^{54}\)

| CRPS treatments\(^{55}\) | • Stress loading  
| | • Contrast bath  
| | • Edema gloves, icing, elevation  
| | • Electrical stimulation, ultrasound  
| | • Fluidotherapy  
| | • Active and passive range of motion instruction  
| | • Pharmacologic intervention  
| | Refer to Section Four, Unit 3-74, for information about physical agent modalities. |

| Nonpharmacologic interventions\(^{56}\) | • Comfort measures  
| | • Position change  
| | • Massage  
| | • Application of hot and cold  
| | • Adaptive devices  
| | • Transcutaneous electrical nerve stimulation  
| | • Surgical intervention |

| Cognitive behavioral interventions\(^{56}\) | • Relaxation exercises  
| | • Guided imagery  
| | • Distraction  
| | • Complementary and alternative medicine |

| Occupational therapist’s role in chronic pain management\(^{57}\) | • Help clients recognize sources and triggers of increased pain.  
| | • Teach strategies to reduce duration and frequency of pain.  
| | • Reduce reliance on pain medications by implementing alternate pain management strategies.  
| | • Work with team members to select the best course of treatment.  
| | • Make adaptive equipment recommendations to reduce pain. |