



Non-Pharmacological Treatments

www.sempguidelines.org



West Virginia
Safe & Effective Management of Pain
(SEMP) Guidelines

Active

Cardio Exercise
Resistance Exercise
Aquatic Exercise
Walking Aids
Yoga, Tai Chi, & Qigong
Meditation or Hypnosis
Relaxation
Cognitive Behavioral Therapy
Acceptance & Commitment Therapy
Biofeedback
Graded Motor Imagery
Occupational/Physical Therapy

Passive

Nutrition
Heat or Cold
TENS/EMS Devices
Hyperbaric Oxygen
Spinal Manipulation
(Chiropractor)
Massage
Ultrasound
Paraffin Wax
Infrared Light
Spinal Traction
Acupuncture