

## Pain Management (Overview)



### Overview

If you suffer from pain, you know how hard it can be to live with. Pain management is a branch of medical care that specializes in pain control. It can help you enjoy a better quality of life.

### Who Can Benefit?

Pain management may help you if you have pain that lasts for a long time. That's known as chronic pain. It can help reduce the pain of spine problems, cancer and other long-term illnesses. It can also help with injuries, like whiplash, or with feeling better after surgery and other painful medical treatments.

### Who Practices Pain Management?

Pain management doctors have backgrounds in anesthesiology, physical medicine and rehabilitation, neurology, or psychiatry. Your specialist works closely with your entire healthcare team.

### Types of Treatment

Different types of pain respond to different techniques. Your specialist may recommend injections or physical therapy. You may benefit from lifestyle changes, exercise and psychological treatments. You'll take an active role in your own treatment. And your feedback helps your care team create the best plan for you.

### Conclusion

Although some chronic pain can never be cured, pain management can help reduce it. And pain management can give you a plan to cope with your pain.

