

8 Most Evidenced Treatments for Women's Chronic Pain

This infographic presents key findings from a comprehensive literature review on effective pain management treatments for women's chronic pain. The eight treatments showcased here are the most frequently cited interventions for effectively managing women's chronic pain and associated symptoms. This information will empower you to make informed decisions about evidence-based treatments that may relieve your chronic pain.

Interdisciplinary Pain Programs

➔ Interdisciplinary pain management combines strategies from different health disciplines to address the comprehensive needs of both the physical and psychological aspects of chronic pain for personalized relief.

helpful for:

- ➔ Developing coping skills
- ➔ Improving mental health & mood
- ➔ Improving functionality & mobility
- ➔ Reducing pain



Prescription Medications

➔ Prescription medications, such as opioids, anticonvulsants, and antidepressants help to alleviate or control pain. The choice of medication depends on the nature and intensity of the pain, as well as individual health considerations.

helpful for:

- ➔ Reducing pain
- ➔ Addressing nerve pain
- ➔ Managing symptoms



The benefits and harms range depending on the medication. Speak with your physician.

Mindfulness

➔ Mindfulness is the practice of maintaining awareness and attention to the present moment, fostering a non-judgmental and accepting attitude towards one's thoughts, feelings, and bodily sensations (including pain).

helpful for:

- ➔ Reducing pain
- ➔ Reducing pain-related distress
- ➔ Relaxing
- ➔ Developing coping skills



Cognitive-Behavioural Therapy

➔ Cognitive Behavioural Therapy (CBT) is a structured, goal-oriented, and solutions-focused type of psychotherapy that focuses on identifying and changing thoughts, behaviours, and beliefs.

helpful for:

- ➔ Reducing pain
- ➔ Developing coping skills
- ➔ Improving sleep
- ➔ Managing symptoms



Exercise

➔ Exercise can be any form of activity that engages the body in movement. Examples include cardio (walking, running, swimming, etc.), strength training, and yoga.

helpful for:

- ➔ Improving mental health & mood
- ➔ Improving mobility & strength
- ➔ Longevity
- ➔ Reducing pain



Physical Therapy

➔ Physical therapy, or physiotherapy, is a healthcare profession that uses exercises and therapeutic interventions to enhance physical function, mobility, and overall well-being for injuries, chronic pain, and disabilities.

helpful for:

- ➔ Improving mental health & mood
- ➔ Improving functionality & mobility
- ➔ Reducing pain
- ➔ Managing symptoms



Muscular Injections

➔ Muscular injections deliver medications directly to painful or inflamed muscles or trigger points. The injection (such as morphine or Botox) aims to reduce inflammation, provide temporary pain relief, or alleviate muscle spasms.

helpful for:

- ➔ Reducing pain
- ➔ Managing symptoms
- ➔ Tapering off medication



Time

➔ The passage of time can contribute to a natural reduction in pain intensity in women's chronic pain conditions. This could be as a result of healing, pain coping, pain acceptance, and other self-management strategies.

helpful for:

- ➔ Pain acceptance
- ➔ Lifestyle accommodations
- ➔ Building coping mechanisms
- ➔ Healing



For a full list of references, view our [Research Methodology](#).

Financial Assistance has been provided by Health Canada, Substance Use and Addiction Program. The views herein do not necessarily represent those of Health Canada.

www.cewh.ca

[f](#) [t](#) [i](#) @CEWHca

 **centre of excellence
for women's health**