



Move To Feel Good



ALTERNATIVES TO **TAME THE PAIN**



A growing body of evidence supports the use of alternative pain management techniques to help reduce and manage painful conditions. Find out more by exploring the topics below. Connect with the resources provided by clicking the text highlighted in [blue](#).*

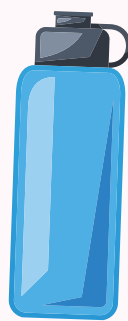
If you're considering or using an alternative method for pain relief, check with your healthcare provider to make sure it's safe for you.

Nutrition and Hydration

Good [nutrition](#) and hydration are key to good mental and physical health for everyone. Eating a balanced diet and staying hydrated can positively impact the way you feel and how well your body works.

Focus on foods and supplements that reduce [inflammation](#). This includes fruits, vegetables, and good quality fats. Work with a [registered dietitian](#) to develop a nutrition plan specific to your needs.

Proper [hydration](#) can help ease symptoms and improve your overall health. Start your day by drinking a glass of water, and keep a bottle of water with you to drink throughout the day. Drink enough water so that your urine color is pale yellow.

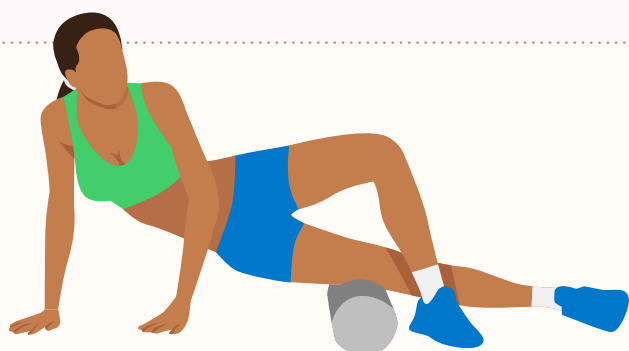


Movement and Stretching

Daily [movement and exercise](#) is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

[Stretching](#) can help warm up muscles, fascia (connective tissue), and tendons. [Dynamic stretching](#) is best used to help prevent injury with exercise. [Static stretching](#) promotes flexibility and range of motion.

The benefits of stretching include increased flexibility, reduced inflammation, decreased stiffness in muscles, and reduced risk of injury.



Self-Myofascial Release (SMR) and Massage

SMR can be accomplished with a variety of tools including foam rollers, lacrosse balls, massage balls, canes, and other percussive instruments, like Theraguns.

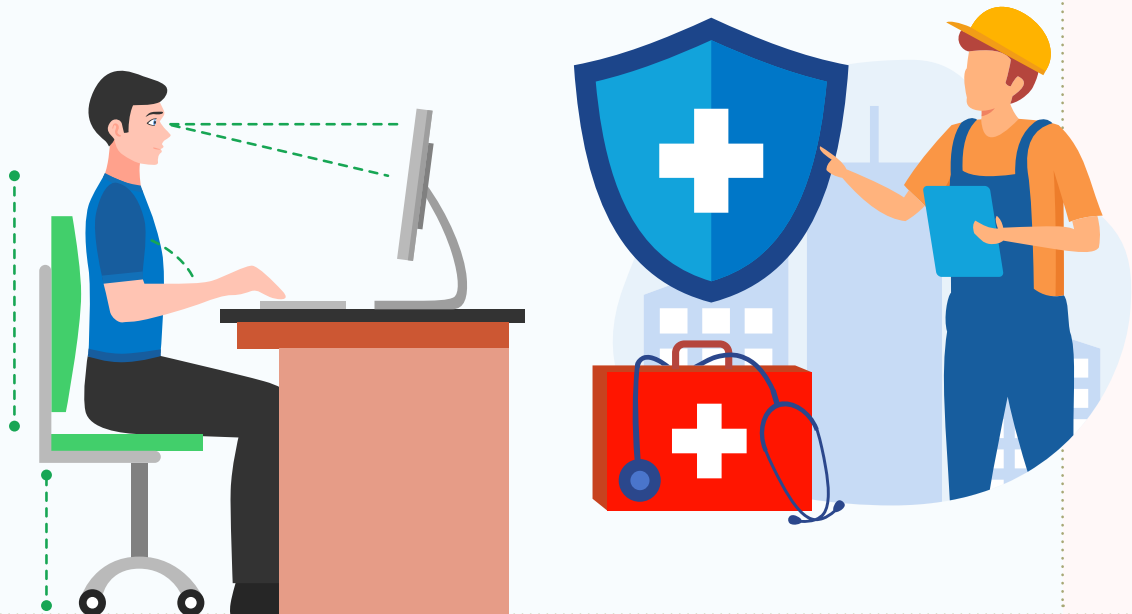
SMR focuses on alleviating "trigger points" or "knots" to restore optimal muscle motion and function. The benefits of SMR include muscle relaxation, reduced soreness, improved range of motion in joints, and improved tissue recovery, to name a few.

Ergonomics

[Ergonomics](#) is the scientific discipline that aims to improve worker comfort, safety, and performance by studying how a worker interacts with their workspace.

Proper ergonomics can reduce the risk of injuries and chronic pain.

One way of achieving better ergonomics is to evaluate and improve your posture while performing the most common tasks of your work day. Sometimes only minor changes are required to optimize a workspace's ergonomics.



Professional Resources

There are many types of professionals who can help you with your pain management plan. Here are some providers to consider:

- Massage therapists
- Acupuncturists
- Physical therapists
- Athletic trainers
- Chiropractic physicians
- Primary care physicians
- Orthopedic physicians



The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified medical healthcare professional prior to starting any new program or treatment, or with any questions you may have regarding a medical condition.
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Questions?

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