

Table 3. Management of Non-Neuropathic Chronic Pain Syndromes

DISORDER	PRIMARY TREATMENT	SECONDARY TREATMENT	POSSIBLE REFERRAL OUTCOME
Myofascial headache	NSAIDs, Phenothiazines IV (acute only)	Tricyclic antidepressants	Trigger-point injections, optimization of medical therapy
Chronic tension headache	NSAIDs, Phenothiazines IV (acute only)	Tricyclic antidepressants	Optimization of medical therapy
Transformed migraine	Tricyclic antidepressants	Stop prior medications	Optimization of medical therapy, narcotic withdrawal
Myofascial neck pain	NSAIDs	Tricyclic antidepressants	Trigger-point injections, optimization of medical therapy
Chronic neck pain	Tricyclic antidepressants*	NSAIDs, Opioids	Optimization of medical therapy
Chronic back pain (no sciatica)	Tricyclic antidepressants*	NSAIDs, Opioids	Optimization of medical therapy
Myofascial back pain syndrome	NSAIDs	Tricyclic antidepressants	Trigger-point injections, optimization of medical therapy
Fibromyalgia	Cyclobenzaprine Tramadol	Amitriptyline, Pregabalin	Optimization of medical therapy, dedicated exercise program

Key: NSAIDs = nonsteroidal anti-inflammatory drugs

*Preferred tricyclic antidepressants are nortriptyline, start 25 mg/day, or maprotiline, start 50 mg/day.