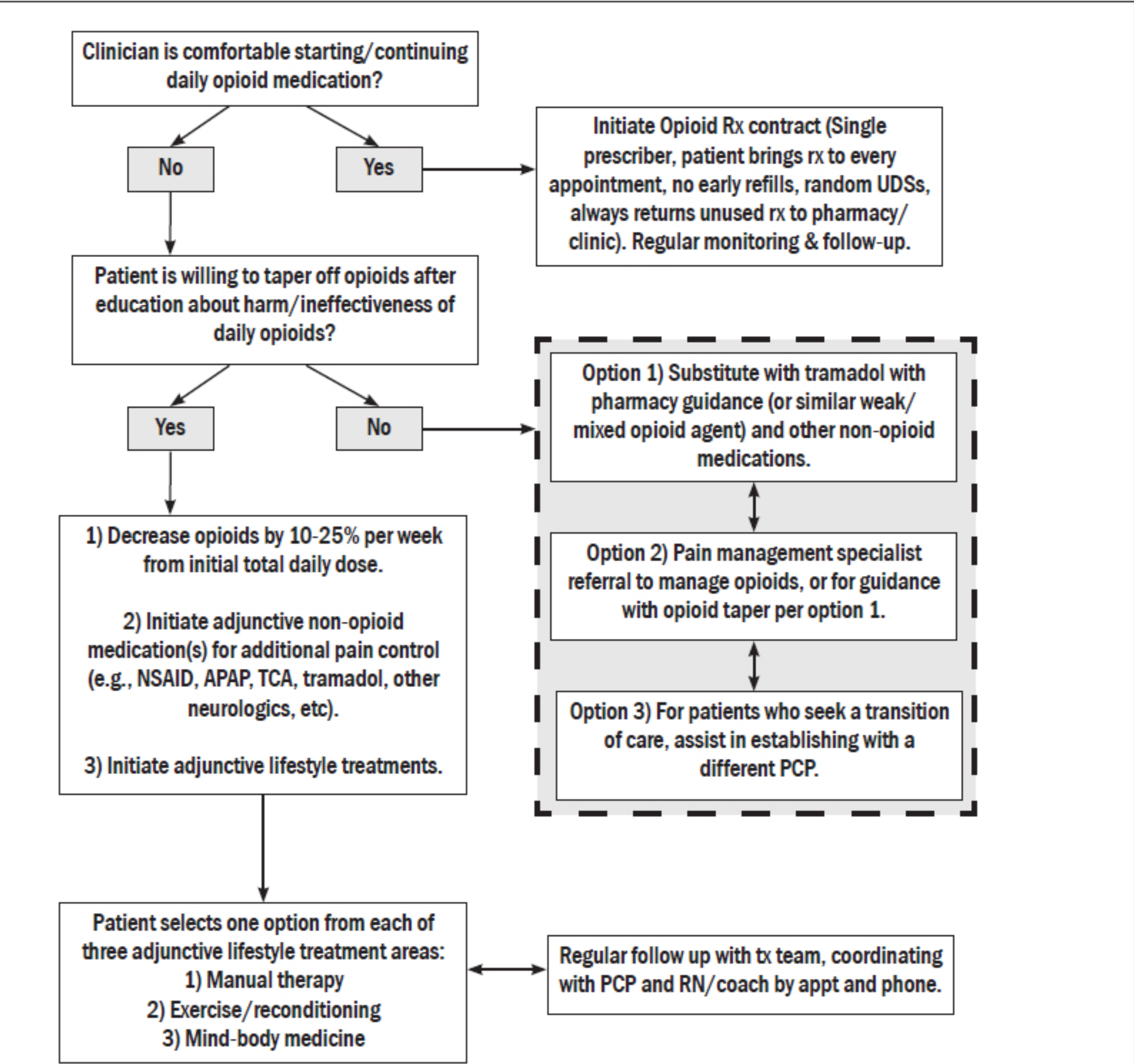


Figure 1: Treatment Pathway for the Patient Diagnosed with Noncancer Chronic Pain



1. Awareness. Each patient begins with a long office visit with her/his primary care physician for education on chronic pain and avoiding opioid medications, which also determines which patients (options 1-3) are willing to proceed with an opioid-free treatment plan.

2. Action. In addition to utilizing non-opioid medications and supplements, the patient enrolls in a team-based therapeutic process that involves the following three foundations for health, which are patient-directed and include appointments with other members of the health team:

- a. Manual Therapy (passive): OMT/CMT manipulation, myofascial release, massage therapy, Feldenkrais, healing touch, reiki, trigger point injections, acupuncture, prolotherapy.
- b. Exercise/Nutrition (active): PT/OT/LAT directed exercise/movement training, yoga, qi gong/tai chi, other structured fitness class, individual exercise journal, nutrition consultation.
- c. Emotional and Mind-Body (internal): Meditation/mindfulness, relaxation techniques, health-psychology, journaling, breath-work, biofeedback, education, emotional freedom technique, guided imagery, etc.

3. (Follow up) Close and regular follow up with various members of the health team (e.g., nurse/health-coach, PT, psychologist, osteopath, etc.) is important to ensure treatment adherence and to address any areas where further help is needed.