

Pain Management Techniques

When Back Pain is due to Scar Tissue

If a complete physical exam and diagnostic imaging indicates that the patient's back pain or leg pain is due to a nerve root bound by scar tissue, the treatment options are fairly limited.

- In the early postoperative period (3 to 12 months), medications such as Neurontin may help limit back pain or leg pain, and exercises can help free up the nerve.

Beyond this time period, pain management techniques may help the patient cope with the back pain or leg pain. All of the above-describe techniques for coping with chronic back pain make use of four types of skills:

- Deep Muscle Relaxation
- Distraction: moving attention away from the pain signals
- Imagery: visual, sound or other pictures and thoughts that provide a pleasant and relaxing experience
- Dissociation: The ability to separate normally connected mental processes, leading to feelings of detachment and distance from the chronic pain.

A Spine-health.com Peer Reviewed Article Written by Andrew R. Block, PhD

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