

5 Ways To Manage Chronic Pain Without Narcotic Drugs

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Many people turn to narcotic drugs due to dealing with chronic pain in their everyday life. It's not an easy thing to live with, but it is **manageable** without the assistance of narcotics. Narcotics only lead you down a dangerous path of destruction, causing some consequences that might seem unfathomable now. In this article, we're going to be looking at 5 ways that you can **manage chronic pain** without the use of narcotic drugs, to show you that there is always another choice.

Swimming

Swimming is one of the best exercises out there for people struggling with chronic pain because it takes all of the pressure off of your body. You get a full body workout when you swim, but the water will hold most of your weight for you. This is especially true if you lay and float along the surface for a little while. This might give you a reprieve from the pain that you are used to, as it has for lots of people before you.

Yoga

Yoga is another type of exercise that is beneficial for those who are suffering from chronic pain. If you do this little and often, you will learn to stretch out your muscles in the best possible way, without overdoing it and hurting yourself. It's good to keep exercising when you are experiencing chronic pain as you still need to keep yourself active. Yoga is a gentle exercise that will keep you healthy, and keep your muscles in the best possible condition.

Walking

Walking is not strenuous in any way, and gets your whole body moving. Your legs are doing the walking, you're swinging your arms as you're walking and you can really feel the difference in your body when you do this. The less you exercise, the worse the pain is going to get as you're not using your body the way it needs to be used. We're not suggesting you go for walks 5 miles long, but a short walk every day is key.

Cold And Heat

If you find the pain is bothering you more than normal, or you need some relief, you might want to try cold and heat. This will not always work, but it is a good idea. If you try alternating a heat pack and a cold pack on the area that is painful, this might be able to provide you with some relief. Some respond better to heat and some respond better to cold, so it's just finding what is best for you.

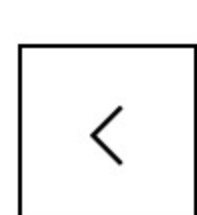
Reducing Stress

The final way that you can manage chronic pain without narcotic drugs is by reducing the stress in your life. The more stressed you are, the more tightly wound your body is going to be, and the more pain you will experience. Cut this out where you can and you will see a marked improvement.

Addiction is not something to be taken lightly. It is a disease, and if you are struggling with this disease, or someone you know is, get in touch with us at [Grand Falls Addiction Treatment Center](#) today so that we can help.

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