



# Eastern Pain Management Practices<sup>1</sup>

Several eastern pain management approaches practiced with well-trained professionals are considered safe and therapeutic that provide temporary relief for various chronic pain conditions at minimal risk.

## Acupuncture

A recognized therapeutic practice of Chinese origin involving the insertion of sterile needles on acupuncture points to manipulate a system of meridians where “life energy” flows.



## Yoga

A mind, body, and spiritual practice rooted in Hindu tradition that incorporates stretching, breathing, as well as meditation.

## Tai Chi

An ancient Chinese martial art that balances the forces of yin and yang while developing physical core strength through its use of slow movements and meditation.



Given these practices reduces pain, it also minimizes an individual's risk of a drug overdose since pain is a significant risk factor for substance use.

Please scan QR code for more information:

This project is funded by the CDC Overdose Data to Action Project through the Hawai'i State Department of Health, Behavioral Health Administration.

This infographic was developed by the OD2A-C3 team and DOH partners: Zedrick-Kyle Oda, Yeonjung Jane Lee, Mei Linn Park, Amy Curtis, Tammie Smith, and Seunghye Hong.

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## References

1. U.S. Department of Health and Human Services (2019, May). Pain Management Best Practices Inter-Agency Task Force Report: Updates, Gaps, Inconsistencies, and Recommendations. Retrieved from U. S. Department of Health and Human Services website: <https://www.hhs.gov/ash/advisory-committees/pain/reports/index.html>





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