

The Top Alternatives to Opioids for Pain Management While In Substance Abuse Treatment

by Impact Wellness Network | Feb 13, 2024 | Blog



Dealing with pain while in substance abuse treatment can be tough, especially if opioids are off the table. But guess what? There are plenty of alternatives that can help. At Impact Wellness Network, where we're always looking out for you in Indiana, Kentucky, and Ohio, we understand how crucial this is.

Remember how we talked about the long-term effects of opioid addiction on your brain and body in our [previous blog post](#)? Well, let's now explore some safer ways to manage pain that won't derail your recovery journey.

Physical Therapy – Get Moving to Get Better

Physical therapy can do wonders for pain management. It involves exercises and movements that help relieve pain and improve your physical function. Plus, it's opioid-free!

Acupuncture – A Point in the Right Direction

This ancient practice involves inserting very thin needles into specific points on your body. It's a great way to manage pain and has been used for thousands of years.

Detox Services – A Foundation for Pain Management

At Impact Wellness Network, we offer comprehensive [detox services](#) that can be a foundational step in your pain management journey. Detoxing in a safe, controlled environment can help mitigate withdrawal symptoms and set the stage for exploring non-opioid pain relief options.

Mind-Body Techniques – Your Mind is Powerful

Techniques like meditation, deep breathing, and yoga can help manage pain. They focus on the connection between your mind and body and can reduce stress, which often makes pain worse.

Massage Therapy – Relax Your Way to Relief

A good massage can ease muscle tension and pain. It's also a great way to relax and can be a part of your overall wellness plan during recovery.

Cold and Heat Therapy – Simple Yet Effective

Applying heat or cold to painful areas can be surprisingly effective. Heat can relax muscles, while cold can reduce inflammation and numb pain.

Counseling and Behavioral Therapy – Talk It Out

Sometimes, pain has emotional or psychological components. Talking with a therapist can help you develop strategies to cope with pain, reducing its impact on your life.

Non-Opioid Prescription Medications – There Are Alternatives

There are prescription medications available that aren't opioids. These can include certain types of antidepressants or anticonvulsants that help with nerve pain.

Contact Impact Wellness Network Today

Managing pain without opioids is possible, and there are many options to explore. At Impact Wellness Network, we're here to support you in finding the right approach for your pain management during recovery. For more information on substance abuse treatment and wellness, check out our website at [Impact Wellness Network](#).

Remember, each step you take towards managing your pain safely is a step forward in your recovery journey. You're not alone in this, and many paths to pain relief align with your recovery goals. Stay strong and keep exploring your options!

Search

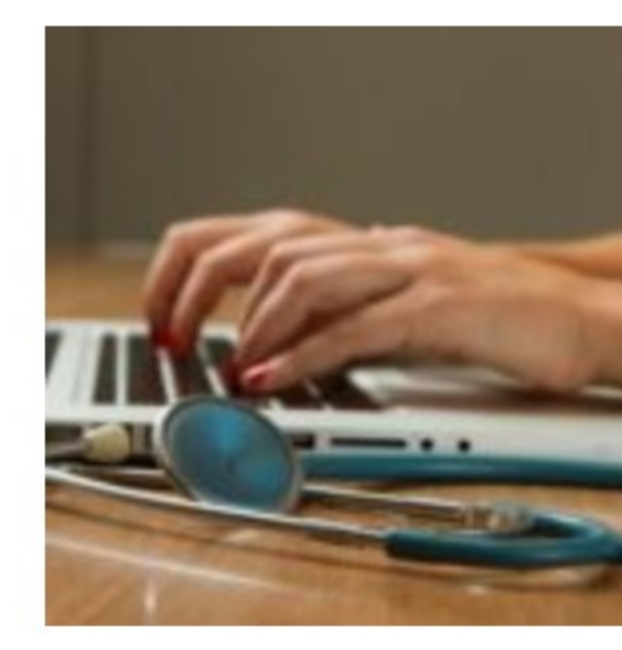
Tag Cloud

- Addiction
- Addiction recovery
- Addiction Rehab
- Addiction treatment
- Aftercare
- Alcohol
- Alcohol rehab
- Amphetamine abuse
- Anxiety
- Casesy's law
- Cocaine
- Cognitive Behavioral Therapy
- Crystal Meth
- Drug interventions
- Financial stability
- Forgiveness
- Halfway Houses
- Holidays
- Inpatient
- Isotonitazene
- local
- MAT
- Mental Health
- Missouri
- New Years
- Opioid addiction
- Opioid addiction
- Opioid clinics
- Opioid Overdose
- Outpatient
- PHP
- Recovery
- Relapse Prevention
- Relapse prevention plan
- Sober living homes
- Sobriety
- Substance abuse
- Substance abuse therapy
- Substance abuse treatment
- Success stories
- Super foods
- Trauma-informed care
- Veterans
- Virginia



The Power of Sharing Your Addiction Story in Recovery

Recovery from addiction is a journey filled with both challenges and triumphs. It's a path that requires immense strength, determination, and courage. One powerful tool that can aid in this journey is the act of sharing your addiction story of success. At Impact Wellness Center, we understand the significance of sharing your recovery story and... [Read more](#)



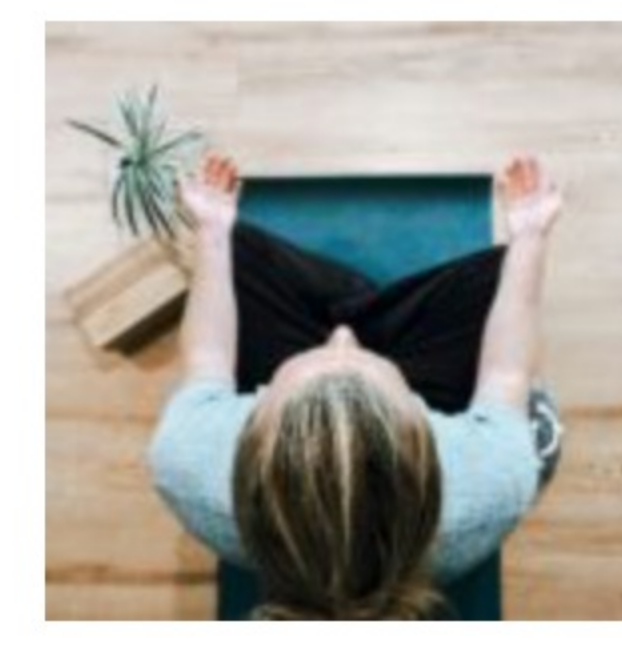
Personalized Care in Addiction Recovery at Impact Wellness

Addiction is a complex and deeply personal struggle, that affects individuals from all walks of life. At Impact Wellness, we understand that each person's journey to recovery is unique. That's why we believe in the power of personalized care in addiction recovery—an approach tailored to meet the specific needs, challenges, and goals of each individual... [Read more](#)



Personalized Care in Addiction Recovery: Insights from Impact Wellness

Addiction is a complex and deeply personal issue that affects millions worldwide. At Impact Wellness, we understand that each individual's journey to recovery is unique, requiring a tailored approach to treatment. Here we will explore the importance of personalized care in addiction recovery and share insights into how our team at Impact Wellness is revolutionizing... [Read more](#)



Integrating Holistic Healing into Addiction Treatment: The Methods of Impact Wellness Network

Addiction is a disease that affects the whole person, and effective treatment requires a holistic approach that addresses the mind, body, and spirit. We at the Impact Wellness Network understand this principle well. Through a range of innovative methods, our Midwest treatment centers effortlessly integrate holistic healing into addiction treatment, providing individuals with a comprehensive... [Read more](#)



Impact Wellness Network's Comprehensive Approach to Addiction Recovery: Revolutionizing Treatment through Individualized Care

Navigating the choppy waters of addiction recovery is a deeply personal and often harrowing experience. For many, the path to sobriety can resemble a labyrinth, fraught with false starts and potential pitfalls. In the midst of this complexity, there lies a beacon of hope – the Impact Wellness Network – a pioneering network that's rewriting... [Read more](#)

IMPACT WELLNESS NETWORK

Phone: 855-491-5557

Multiple Locations in KY, IN, OH, MO, and VA



Site Map

- [Who We Are](#)
- [Treatment Services](#)
- [Contact](#)
- [Admissions](#)
- [Employee Resources](#)

Locations

- [Findlay Recovery Center](#)
- [Robert Alexander Center](#)
- [Evolve Indy](#)
- [Impact Outpatient](#)
- [Grand Falls](#)
- [Arrowwood ATC](#)

Who We Are

- [Media](#)
- [FAQ](#)
- [Blog](#)

Areas We Serve

- [Kentucky](#)
- [Ohio](#)
- [Indiana](#)
- [Missouri](#)
- [Virginia](#)