

Evidence Summary: Effectiveness of non-pharmacologic (CAM) treatments for chronic pain compared with usual care, placebo, sham, etc., by condition

- Most effects were small and long-term evidence is currently sparse.
- None of these treatment options reported any serious harms.
- Because high-quality evidence is limited, we recommend providers make treatment recommendations based on patient preference and past experience.

CHRONIC LOW-BACK PAIN		1-6 months	6-12 months	>12 months
Exercise	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
CBT	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Yoga	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
MDR	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Low-Level Laser Therapy	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Spinal Manipulation	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Massage	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Acupuncture	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
MBSR	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Ultrasound	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Inferential Therapy	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Traction	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
FIBROMYALGIA		1-6 months	6-12 months	>12 months
CBT	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Magnetic Pads	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Exercise	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Tai-Chi, Qigong	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Acupuncture	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
MDR	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Myofacial Release Massage	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
MBSR, MAT	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
CHRONIC TENSION HEADACHE		1-6 months	6-12 months	>12 months
Spinal Manipulation	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Acupuncture	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Laser Acupuncture	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>

CHRONIC NECK PAIN		1-6 months	6-12 months	>12 months
Low-level Laser Therapy	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Massage	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Alexander Technique	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Acupuncture	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Exercise	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
PT-Led Relaxation Training	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
OSTEOARTHRITIS (KNEE)		1-6 months	6-12 months	>12 months
Exercise	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
CBT	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
TENS	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Electromagnetic Field	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Ultrasound	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
Acupuncture	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
OSTEOARTHRITIS (HIP)		1-6 months	6-12 months	>12 months
Exercise	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
OSTEOARTHRITIS (HAND)		1-6 months	6-12 months	>12 months
Low-Level Laser Therapy	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
MDR	Function	<div></div>	<div></div>	<div></div>
	Pain	<div></div>	<div></div>	<div></div>
KEY				
Small Improvement		<div></div> No Improvement		
<div></div> High Evidence		<div></div> No Evidence		
<div></div> Medium Evidence				
<div></div> Low Evidence				
Moderate Improvement				
<div></div> High Evidence				
<div></div> Medium Evidence				
<div></div> Low Evidence				
Large Improvement				
<div></div> High Evidence				
<div></div> Medium Evidence				
<div></div> Low Evidence				
Acronyms		CBT: cognitive behavioral therapy		
		MDR: multidisiplinary rehabilitation		
		MBSR: mindfulness-based stress reduction		
		MAT: meditation awareness training		
		PT: physical therapist		
		TENS: transcutaneous electrical nerve stimulation		
Contact Claire Allen at Claire.L.Allen@kp.org with questions				