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 Pain			
СВТ	Function Pain			
Yoga	Function Pain			_
MDR	Function Pain			
Low-Level Laser Therapy	Function Pain			
Spinal Manipulation	Function Pain			—
Massage	Function Pain			
Acupuncture	Function Pain			
MBSR	Function Pain			
Ultrasound	Function Pain	—		
Inferential Therapy	Function Pain			_
Traction	Function Pain			
FIBROMYALGIA		1-6 months	6-12 months	>12 months
FIBROMYALGIA	Function Pain			
СВТ	Pain Function	months		
CBT Magnetic Pads	Pain Function Pain Function	months		
CBT Magnetic Pads Exercise	Pain Function Pain Function Function	months		
CBT Magnetic Pads Exercise Tai-Chi, Qigong	Pain Function Pain Function Pain Function Pain	months		
CBT Magnetic Pads Exercise Tai-Chi, Qigong Acupuncture	Pain Function Pain Function Pain Function Pain Function	months		
CBT Magnetic Pads Exercise Tai-Chi, Qigong Acupuncture MDR	Pain Function Pain Function Pain Function Pain Function Pain Function	months		
CBT Magnetic Pads Exercise Tai-Chi, Qigong Acupuncture MDR Myofacial Release Massage	Pain Function Pain Function Pain Function Pain Function Pain Function Pain	months		months
CBT Magnetic Pads Exercise Tai-Chi, Qigong Acupuncture MDR Myofacial Release Massage MBSR, MAT	Pain Function Pain Function Pain Function Pain Function Pain Function Pain	months	6-12	months
CBT Magnetic Pads Exercise Tai-Chi, Qigong Acupuncture MDR Myofacial Release Massage MBSR, MAT CHRONIC TENSION HEADAC	Pain Function Pain Function Pain Function Pain Function Pain Function Pain Function Pain	months	6-12	months

Adapted from a systemic review by the Agency for Healthcare Research and Quality (Skelly, et al. 2020) by our Learning Health System Program for the Integrated Pain Management pilot – November 2020

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CHRONIC NECK PAIN		1-6 months	6-12 months	>12 months
Low-level Laser Therapy	Function Pain			
Massage	Function Pain			
Alexander Technique	Function Pain			
Acupuncture	Function Pain			
Exercise	Function Pain			
PT-Led Relaxation Training	Function Pain			

OSTEOARTHRITIS (KNEE)

1-6 6-12 >12 months months months

		I I	
Exercise	Function Pain		
СВТ	Function Pain		
TENS	Function Pain		
Electromagnetic Field	Function Pain		_
Ultrasound	Function Pain		_
Acupuncture	Function Pain		

OSTEOARTHRITIS (HIP)

	months	6-12 months		L
⁼ unction Pain				
	1-6	6-12	>12	

months months months

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OSTEOARTHRITIS (HAND)

Low-Level Laser Therapy

Laser	merapy	

MDR

KEY

Exercise

Small Improvement	
High Evidence Medium Evidence Low Evidence	— Acrony
Moderate Improvement High Evidence Medium Evidence Low Evidence	CBT: cr MDR: r MBSR: reduction MAT: m
Large Improvement High Evidence Medium Evidence Low Evidence	PT: phy TENS: nerve s

No Improvement

Pain

No Evidence

Function

Function

Pain

yms cognitive behavioral therapy multidispilinary rehabilitation R: mindfulness-based stress ion meditation awareness training vsical therapist

transcutaneous electrical stimulation

Contact Claire Allen at Claire.L.Allen@kp.org with questions

