

Title:

Chronic Pain Relief: An Overview

Word Count:

349

Summary:

Everyone will experience pain at some point in their lives. Pain is a necessary form of protection.

Keywords:

Pain Relief, Arthritis Pain Relief, Back Pain Relief, Joint Pain Relief

Article Body:

Everyone will experience pain at some point in their lives. Pain is a necessary form of protection.

Acute pain usually occurs after a specific injury. It appears quickly and is usually very intense.

One of the most commonly prescribed therapies for chronic pain is medication, both prescription and over-the-counter.

Exercise, stretching and physical therapy reduce chronic joint pain and muscle soreness and spasms.

Chiropractic, acupuncture and massage offer three alternative methods of chronic pain relief.

In the past few years, researchers have begun to turn their focus on the real source of pain.

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>