

- Chronic pain

Three ways to ease pain

Sick of waiting for “good” days to do the things you love? These effective, at-home treatments can ease chronic pain and help make every day a good day

The Chronicle · 6 Jan 2023 · 25

The right at-home treatment can help improve your mobility, assist in reducing pain and help you live your best life. If you live with chronic pain, you know its effects go beyond aches, pains and discomfort. Time and financial costs from ongoing therapist visits, reliance on medications, and putting off the activities that bring you joy, all add up to a life with limits.



You know exercise and good mobility is key to a long and healthy life. But how can you exercise when the simple act of moving causes pain?

The right at-home treatment can help improve your mobility, assist in reducing pain and help you live your best life.

Here are three simple but effective painrelief treatments you can access from the comfort of home.

Cold showers

Add a chilly thrill to your morning routine and improve your life? The evidence for the health-boosting effects of cold water is steadily growing.

Popularised by Wim Hof (aka The Iceman), cold water has been shown to reduce pain and inflammation. The cold shock also stimulates blood flow that improves circulation to muscles and joints.

What’s even more amazing is that cold showers were found to reduce sick days by 29 per cent.

Yoga

Yoga is the fastest way to loosen stiff muscles and improve your range of movement.

There’s a style to suit everyone. Some prefer the precise movements developed by famous yogi BKS Iyengar. Others choose flowing styles like vinyasa or kundalini.

Yoga’s rhythmical stretching improves flexibility and calms pain perception. It has also been shown to improve balance and overall performance in both athletes and older people. Time to dust off the yoga mat!

Therapeutic massage

Regular therapeutic massage can help relieve chronic pain, muscle tightness, boost circulation, reduce inflammation, diminish joint pain, and improve your range of movement.

Finding the time and money for ongoing appointments isn’t practical for all of us. But a great massage chair can give you on-demand therapeutic-grade massage in a variety of styles and in the comfort of your own home. The initial outlay may be a little more but a massage chair is great value in the long term and also removes the need for mobility on those days when you’re sore and don’t want to leave the house. Whether you opt for a cold shower, yoga or a massage chair, these effective at-home treatments can help you ease chronic pain, get moving and live life to its fullest.

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