



# *Holistic Pain Management*

## *Gila River Health Care Model*

Gila River Health Care adheres to the Joint Commission's Provisions of Care Requirements, which include stringent standards that regulate GRHC's pain management practices.

Our physicians recognize that physical pain exists, and we strive to provide patients with the very best care possible, but sometimes this may include alternative approaches. We treat all the symptoms of pain - those of the body, mind, and spirit – by offering a full spectrum of pain management options.

### *This may include:*

- Medications and/or medical procedures
- Physical rehabilitation and/or complementary therapies such as chiropractic, acupuncture, and massage
- Education and resources to help you make better life choices that can naturally relieve pain.
- A healthy diet and low-impact exercise regimes
- Emotional support - including medical management and talk-therapy for depression and anxiety, as well as therapeutic coaching to help strengthen coping skills to help you live well despite having pain.

### *Remember, you are not alone.*

The providers at Gila River Health Care have the knowledge, skills, and experience to help you!  
We know it is difficult to trust that someone truly cares when you are suffering,  
we are working hard to earn that trust every day.