Managing Pain with Alternative Therapies

The chart below compiles information from these studies on the effectiveness of acupuncture, mindfulness, and Tai Chi for the types of pain listed below. Each symbol represents the likelihood of being effective (for example, color-filled circles represent therapies likely to have a positive effect) and the number of studies on the effect of a particular therapy. Areas of the chart without circles indicate insufficient evaluation of certain combinations of pain type and therapy.

Individuals can use this chart to understand which therapies may be promising to help manage their pain. This chart is not meant to provide medical advice; patients should consult their health care providers before pursuing therapeutic treatment.

This infographic describes work done in RAND Health and documented in the publications listed above. To view this infographic online, visit www.rand.org/t/IG142.