

[<http://www.sciencedaily.com/releases/2007/09/070910144556.htm>]



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## **Drug-free Treatments Offer Hope For Older People In Pain**

A new study published in *Pain Medicine* provides a structured review of eight mind-body interventions for older people, including progressive muscle relaxation, meditation, hypnosis, tai chi and yoga.

All eight treatments were found to be feasible for older adults, and no adverse events or safety issues were reported. The article finds evidence that, in particular, progressive muscle relaxation may be effective for older people with osteoarthritis pain, while meditation and tai chi appear to improve function and coping with low back pain and osteoarthritis.

Chronic pain is common among older people. Sufferers are often unable to receive adequate treatment because of limited physician training in pain management for the elderly and the increased likelihood of side effects from pain medication.

“The trials we reviewed indicated that mind–body therapies were especially well suited to the older adult with chronic pain,” concludes lead author Natalia E. Morone, M.D., MSc. “This was because of their gentle approach, which made them suitable for even the frail older adult. Additionally, their positive emphasis on self-exploration was a potential remedy for the heavy emotional, psychological and social burden that is a hallmark of chronic pain.”

*Note: This story has been adapted from a news release issued by Blackwell Publishing Ltd..*

**“Mind–Body Interventions for Chronic Pain in Older Adults: A Structured Review” Natalia E. Morone, MD, MSc, and Carol M. Greco, PhD.**

***Pain Medicine*, May 2007, Volume 8, Issue 4, Pages 359-375.**

