



## Pain Management

Pain affects your whole being – mind, body and spirit. **ECHN's Pain Management Program** utilizes a holistic, individualized approach to treating patients with mild-to-severe chronic pain issues.

Our multidisciplinary team of physicians works with you to diagnose, manage and treat your pain. Our goal is to minimize pain and restore your well-being.

Specialized pain treatments include:

- **Non-opioid pain treatments, such as pain injections, blocks, physical therapy and osteopathic manipulative medicine**
- **Cancer pain treatments like nerve blocks and ablation to dramatically reduce pain**
- **Integrative medicine, including massage therapy, reiki and acupuncture**
- **Behavioral Health Services to support emotional well-being**

Treatments for:

- **Mild to severe chronic pain of the neck and back**
- **Headaches**
- **Joint pain in the hips, knees, and shoulders**
- **Nerve injury pain**
- **Cancer pain**
- **Post-operative pain**

## Take Back Your Life and Start Your Journey to Less Pain with ECHN!

Ask your healthcare provider for a referral to ECHN's Pain Management Program.

To make an appointment, or if you have any questions, call **860.872.5150** or send an email to **[livewithlesspain@echn.org](mailto:livewithlesspain@echn.org)**

### Location:

Manchester Memorial Hospital  
71 Haynes Street  
Manchester, CT 06040



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