

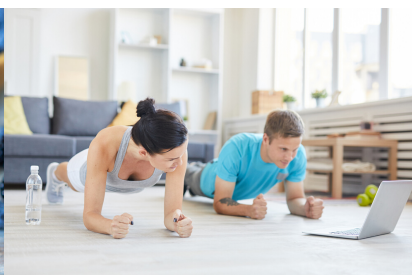
Non-Opioid  
Pain Relief



# BEYOND PAIN

Tips for Managing and Relieving Chronic Pain  
So You Can Live a Life Beyond Pain

**BIOWAVE**  
SMARTER PAIN BLOCKING TECHNOLOGY





# Table of Contents

- 01 Introduction
- 02 Overview of Chronic Pain
- 03 Alternatives to Opioids for Chronic Pain
- 05 Self Care Tips for Chronic Pain Management
- 05 Exercising for Pain Management
- 06 Maintaining a Healthy Diet
- 07 Meditation Techniques
- 07 Saying "No" More Often
- 07 Trying Heat or Ice
- 08 Sleeping Well
- 08 Technology for Tracking Pain
- 09 Pain Advocacy
- 10 Talking to Loved Ones About Pain
- 11 Reviews & Testimonials
- 12 Disclaimer





Since 2000, our commitment here at BioWave has been to help people relieve pain and lead a more active life. The patented technology behind BioWave makes it the smarter pain relief device, cleared by the FDA to provide chronic and acute pain relief without opioids.

BioWave is designed to block pain at the source – delivering therapeutic electrical signals through the skin that actually prevents pain from reaching the brain. It’s the proven and effective “feeling is believing” way to treat any type of chronic, acute or post-operative pain.

Here at BioWave, we are proud to be leading the charge as a 100% drug-free, non-opioid pain management alternative. We hope you use this guide as a way to navigate through your pain management journey, finding useful information to improve your day-to-day.

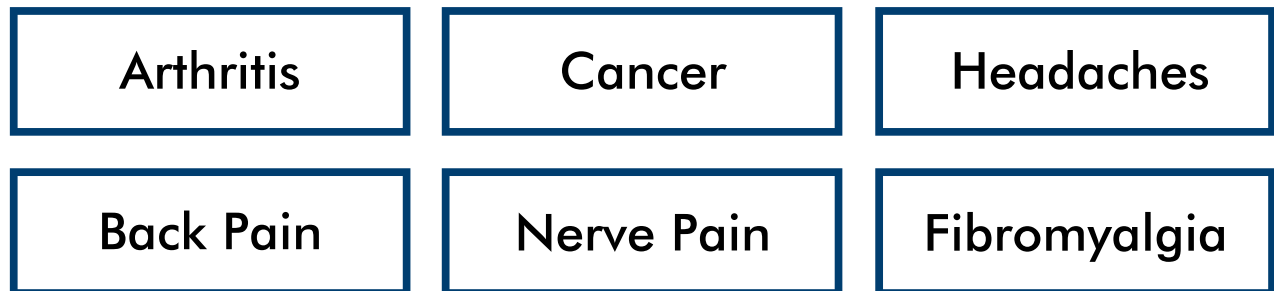
*Learn more about BioWave at [biowavego.com](https://biowavego.com)*



# Chronic Pain

Chronic pain sufferers experience pain regularly and for periods that may last longer than six months. While sometimes an injury or illness that caused the onset of pain has been treated or healed, chronic pain may still continue as pain signals can remain active through the nervous system for extended periods of time.

However, there are many people who experience chronic pain without incidents of past injury or illnesses. Some conditions that can lead to chronic pain include:



If you experience chronic pain, you may be aware of some of the physical and emotional effects:



These effects can disrupt a person's daily life and activity. We want you to know that you're not alone on your pain management journey. That's why we've put together this simple guide to help you learn more about proactive pain management and how to reduce chronic pain symptoms.

*Did you know that chronic pain affects about 20% of adults in America every year?*

# Alternatives to Opioids for Chronic Pain



## WHY SHOULD CHRONIC PAIN SUFFERERS TURN TO OPIOID ALTERNATIVES?

While painkillers have been a key component for most chronic pain treatment plans in the past, there are several problems with relying on painkillers to manage your pain.

### 1 It's Easy to Develop a Tolerance

When taking painkillers over an extended period of time, your body can naturally develop a tolerance to their effectiveness. When this happens, you'll need increasingly higher, and more frequent, doses - until you've reached the maximum safe limit. By this point, painkillers will most likely not have the same effect, leaving you with your pain.

### 2 You Risk Opiate Dependency

At least 21 percent of chronic pain patients misuse their prescription, with 8 per cent becoming truly dependent. Dependency, and even addiction, can cause further problems like effects of withdrawal or accidental overdose.

### 3 Side Effects Can Limit Daily Activity

Many prescription painkillers have serious side effects including drowsiness and nausea which affect your ability to operate machinery at work, driving your car or even maintaining a regular healthy diet - which is essential for positive management of chronic pain conditions.



## MASSAGE THERAPIES

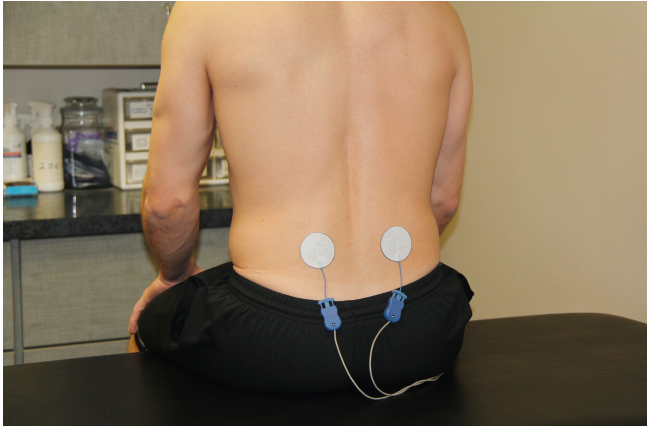
Massage increases blood flow to tight muscles, aiding your pain by helping to relax tension in the area that's causing a problem. Massage can also target areas of 'referred pain,' a place where you hold pain that is caused by a problem elsewhere.



## PHYSICAL THERAPY

Gentle exercise that retains flexibility and mobility will help you manage your pain in the longer term rather than limiting movement. A physical therapist will work with you to develop a gentle exercise routine that maintains your flexibility and health.

# Alternatives to Opioids for Chronic Pain



## ELECTRICAL STIMULATION

BioWave is a portable, patented neurostimulation device that uses electrical pulses to block pain pathways to the brain. It's a safe way to reduce your pain, and can be used in conjunction with traditional painkillers or as an alternative.

---



## GUIDED EXERCISE

A guided exercise program, like yoga, is an ideal way to learn how to stay active and flexible to reduce your pain and improve your quality of life. There are many knowledgeable instructors that can modify and adapt exercises for people with pain.



There are various alternatives you can try as part of your pain management program. Most alternatives will also work in conjunction with prescription painkillers to reduce the impact chronic pain has on your life.

Knowing these alternatives, such as using electrical stimulation or massage therapies, will help you to develop many ways to manage pain. There are many more ways to help reduce the triggers of pain flare-ups, and manage the tough days, too.

---

## Important:

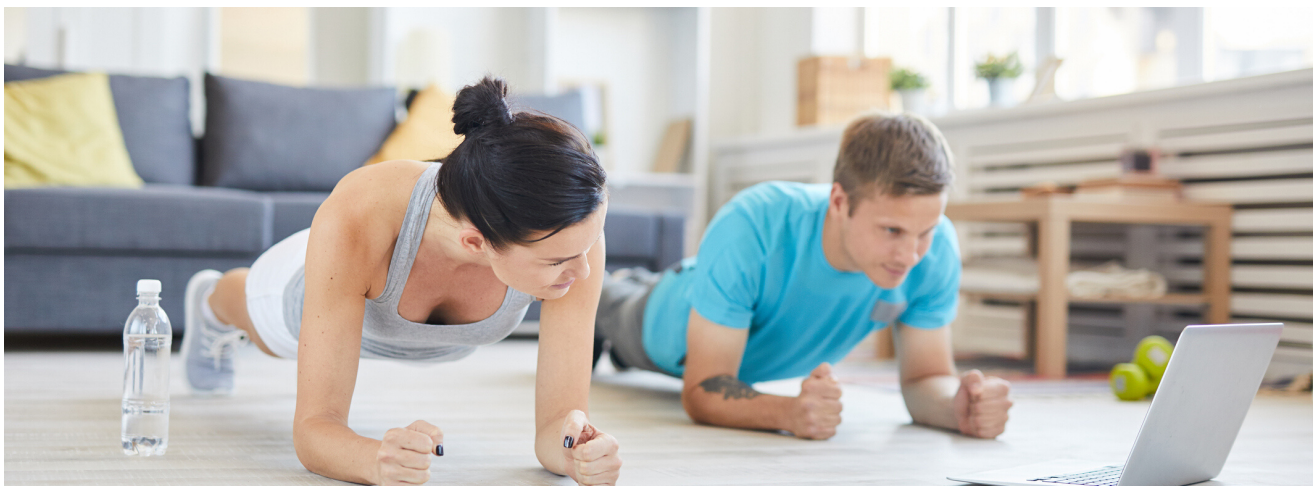
*Speak to Your Doctor About Your Prescription Painkillers*

If you want to stop taking your painkillers, make sure you talk to your physician first. You'll often need to step down the dose over time, as it's dangerous to suddenly stop taking painkillers abruptly.

# Self Care Tips for Chronic Pain Management

Self care is vital for every chronic pain patient, but it's something that often slips down the list as life gets in the way. It's Important to put yourself first.

Stress exacerbates chronic pain conditions, so here are a few ways you can minimize stress to reduce and effectively manage your pain. These include exercising, eating a healthy diet, modifying your lifestyle routines like sleep, meditation, work and social gatherings and using technology for your pain management.



## Exercise for Pain Management

Chronic pain puts us off working out – but we know that exercise makes us feel better. Numerous studies confirm exercise can reduce chronic pain symptoms and improve physical function at injury sites.

The best way to maintain a healthy lifestyle in spite of your pain is to learn how to adapt your workouts. You'll get the benefits of regular exercise – and your pain could even reduce as a result. It's a great pain relief alternative to addictive painkillers, too.



## Maintain a Healthy Diet

Some foods, such as sugar, are known to cause inflammation. Eat a healthy diet filled with plenty of fruit, vegetables, and lean meat to keep your body in the best health possible.

When the rest of your body is well nourished with plenty of vitamins, protein, and minerals, you will notice an increase in energy and positive feeling – all of which contribute towards the reduction of pain symptoms.

### Green Smoothie Recipe from Mayo Clinic



- 1 banana
- 1 lemon juiced
- 1/2 cup strawberries
- 1/2 cup blueberries OR blackberries
- 2 cups spinach
- 1 cup cold water or ice

*Add all of the ingredients to a blender.  
Add mint to taste, puree and enjoy fresh.*

A healthy diet is also a great way to start involving your family and friends in helping to manage your pain. Cook meals with them, and learn about good nutrition together - this social time will help you to maintain your relationships while doing something positive to manage your pain together, too.



# Try Meditation Techniques

Meditation teaches you to calm your breathing, reducing anxiety and stress, which would otherwise exacerbate your pain experience. There are many apps to help reduce your stress and focus your mind away from your pain.

For example, the Calm app has background noises and guided meditations that you can listen to as part of your pain management and stress relief strategy.

## *Meditation Trick*

Any time you feel pain, use a breathing technique to help you focus. Close your eyes and breathe in through your nose for a count of 7. Hold your breath for five seconds, and then release it from your mouth for 6 seconds. Repeat this for a few minutes, focusing on counting your breath.



## Say "No" More Often

Learn to say 'no' to anything you actually don't want to do but feel obliged to say 'yes' to. Explain to people that you are currently focused on restoring your health. If saying 'no' isn't an option, try to adapt the situation to benefit you and reduce the stress you're under. For example, instead of going out to a busy restaurant, invite your friends or family over and cook dinner at home.

## Try Heat + Ice

Heat can help to increase blood flow to sore areas, reducing tension and lessening pain. Some people find that heat can exacerbate inflamed areas, making them feel worse. The same is also said for ice: some pain patients prefer ice, others steer clear. Experiment with heat and ice to see how each affects your pain. When you know which works best for you, invest in the best heat or ice packs you can.

## Make Changes for a Good Night's Sleep



Pain conditions interrupt the restorative stages of sleep. This, in turn, will affect your mood as well as your body's ability to cope with pain during the day.

Improve your sleep routine by investing in a good quality mattress and pillows, while allowing yourself at least eight hours of sleep each night. Try to avoid stimulants, like caffeine or alcohol, a few hours before bedtime.

## Use Technology to Track and Manage Your Pain

There are many apps for your smartphone available that can help you to track your pain. Keeping a diary by tracking with an app will help you to identify your personal pain triggers, so that you can avoid them in the future.

You can also try exercise apps designed for physiotherapy-based exercise, or ones that will guide you through gentle stretching and yoga routines. These will help to keep you flexible and active, which is important in pain management.



# What is Pain Advocacy?

Pain advocacy is your best chance at getting the most ideal treatment for your pain problems. Advocacy is where you or someone on your behalf speaks up about problems that affect your daily activities. It's easy to assume your doctor will understand your pain issues - but they are unique to you. That's why it's important to advocate for yourself: without speaking up, you could miss treatment opportunities.

## How Does Self Advocacy Work?

It really is as simple as talking to your consultant about what you feel you need to manage your pain and related conditions. If you don't speak up, they won't necessarily know what would be the best solution with you – and so you may end up on a treatment route you don't want to take. If you don't feel confident speaking up at your medical appointments, bring an advocate with you. This could be a spouse or a friend, or even someone from a pain advocacy organization who is very familiar with representing pain patients.

## Tips for Effective Advocacy

Many people avoid self advocacy because they feel that the doctor knows best, or that they aren't important enough to speak up about whether they want - or don't want - a particular treatment. Become used to advocating for yourself with these simple tips:



### Educate Yourself

Your medical staff are highly educated and will know a lot about your condition. However, they may have preferred treatment routes to offer as standard. Educate yourself about your condition as well as alternative treatment options. At your next medical appointment, discuss these options to see if they may be a better fit for you.



### Be Honest About Your Pain

Be honest about your pain with your doctor. If it helps, keep a diary in the weeks running up to your appointment that logs your pain on a scale of 1-10 each day. This will help your doctor spot patterns and understand your pain experience.



### Get in Touch with Advocacy Groups

The [International Association for the Study of Pain](#) has a great section on advocacy resources, and is an ideal place to start. Advocacy groups will help you to learn more about managing your own advocacy and put you in touch with others with similar circumstances.

## What Happens If You Don't Self-Advocate

If you're not open about how your chronic pain affects your daily life, or minimize the scale of the pain you experience, your doctor may underestimate the problem. This can lead to standardized treatment plans, which can involve increasing dosage or usage of painkillers as you build up an intolerance over time.

# How to Talk to Loved Ones About Pain

It's often hard to explain how you're really feeling when it comes to chronic pain. You don't want to feel like you're complaining, so you may downplay how bad your pain really is. However, it's important to find a trusted friend or family member who you can really open up to, to help manage your pain. Sharing how it affects the way you manage your life – as well as the impact it has on your self-esteem, image, and confidence – will help them to understand in more detail. If you find it difficult to talk about your pain, try these tips:

## Use a Pain scale

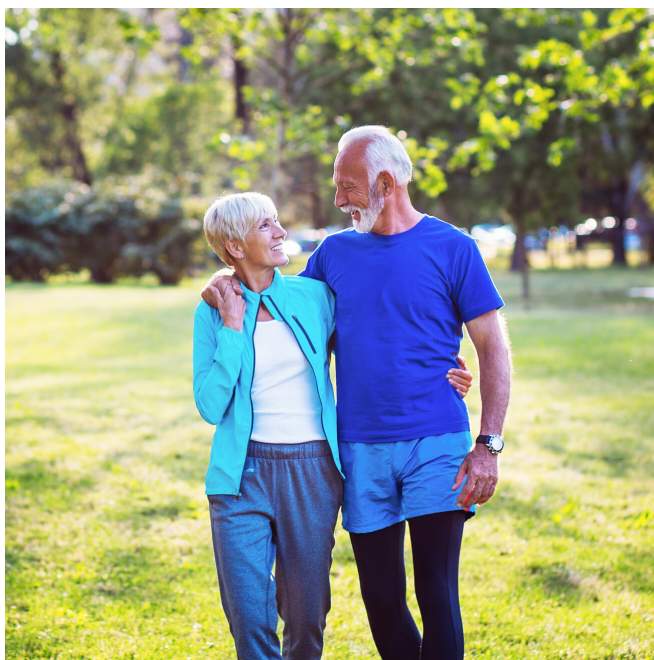
Tell your family and friends what the scale means to you: where a 1 is "I feel almost normal today", and a 10 might be "I should see a doctor immediately". It's a quick and easy way to communicate how you're feeling, without needing to talk much about it.

## Write It Down

You may find that it's easier to talk about your pain by writing it down in a journal. Share your writing with someone you trust, so that they can understand how your pain affects you - without having a difficult conversation about it.

## Take Them to Appointments

As well as acting as a pain advocate for you during medical appointments, it can also help to educate your loved one about your pain experience if they are able to talk to your doctor about it. Once the conversation has been opened up, it's often easier to continue communicating about your pain afterward, too.



# BioWave Reviews & Testimonials

"I tried Biowave last week..it was amazing! Cannot believe how much it helped my locked up shoulder/neck muscles and painfree!"

*-M. Lynn, Verified User*

"I was skeptical at first, but pleasantly surprised at how well it worked and how fast! I am extremely happy with the results."

*-Sally Hartwell, Verified User*

"I have arthritis in my shoulder and have had a variety of treatments - some better than others but still had considerable stiffness and pain. The worst was at night where lying down seemed to exacerbate the problem. After about 3 weeks and upping the intensity I can say this works great. I use it before bed and my shoulder no longer wakes me up at night. Additionally, I work out with weights almost every morning and I've been able to handle more and not baby the shoulder as much. Orthopedists have said the only thing that would help me would be shoulder replacement but now I can put that off (hopefully for good) thanks to this device. It's much superior to TENS units I've tried."

*-Wags, Verified User*

"Reliable Pain Relief. The BioWave Go is a great improvement for pain relief over TENS technology. Far more effective for deeper pains. Affordable, simple to use, and reliable. Thank you BioWave!"

*-Charles Smithdeal, MD,  
Amazon Verified Purchaser*

"I love this machine! I will fight anyone who tries to take it away! This machine is a real life saver. I have been in severe pain for several years & after my 2nd use, I no longer use pain medication. I am more spry & ready to kick some serious ass! Thank you for a much better life!"

*-Lin Laronde, Verified User*

To read more reviews and testimonials click [here](https://www.biowavego.com) or visit us online at [www.biowavego.com](https://www.biowavego.com)

# General Disclaimer

The information, including but not limited to, text, graphics, images and other material contained herein are for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Any information contained herein are the claims. Testimonials appearing on this site are actually received via text, audio or video submission. They are individual experiences, reflecting real life experiences of those who have used our products and/or services in some way or another. However, they are individual results and results do vary. We do not claim that they are typical results that consumers will generally achieve. The testimonials are not necessarily representative of all of those who will use our products and/or services. The testimonials displayed (text, audio and/or video) are given verbatim except for correction of grammatical or typing errors. Some have been shortened. In other words, not the whole message received by the testimonial writer is displayed, when it seemed lengthy or not the whole testimonials seemed relevant for the general public. BioWave Corporation is not responsible for any of the opinions or comments posted to our site.. BioWave Corporation is not a forum for testimonials, however provides testimonials as a means for customers to share their experiences with one another. To prevent against abuse, all testimonials appear after they have been reviewed by management of BioWave Corporation. BioWave Corporation does not share the opinions, views or commentary of any testimonials on this site, and are strictly the views of the reviewer. Additionally, these testimonials are not intended to make claims that these products can be used to diagnose, treat, cure, mitigate or prevent any disease. These claims have not been clinically proven or evaluated by the FDA.

**Read all of BioWave's testimonials, reviews, scientific studies and papers [here](#).**

