

Non-opioid Alternatives for Pain and Other Resources



Non-pharmacologic Treatments¹

The Agency for Healthcare Research and Quality (AHRQ) conducted an evidence-based review to assess which noninvasive, non-pharmacological treatments for common chronic pain conditions improve function and pain for at

least one month after treatment. While there is variation in the magnitude and duration of their effectiveness, the following therapies are found to help pain and/or function for at least a month after treatment:

Treatment	Coverage
Acupuncture	Covered (with condition)
Manual Therapies	
Massage	Covered
Musculoskeletal manipulations	Covered
Multidisciplinary rehabilitation	
Structured intensive multidisciplinary programs	Covered (with condition)
Exercise	Not covered
Physical therapy (therapeutic exercise)	Covered
Psychological interventions	
Cognitive behavioral therapy	Covered
Biofeedback	Covered (with condition)
Relaxation techniques	Not covered
Physical modalities	
Therapeutic ultrasound	Covered (with condition)
Low-level laser therapy	Covered (in clinical setting)
Mindfulness-based practices	
Meditation	Not covered
Mindfulness-based stress reduction practices	Not covered
Mind-body practices (e.g. Alexander Technique; Qigong; Tai Chi; Yoga)	Not covered

These interventions may be incorporated and bundled into services offered by providers. The above services are subject to terms, conditions, limitations and changes. Please see details about current coverage status at [Lni.wa.gov/FeeSchedules](https://lni.wa.gov/FeeSchedules).

Progressive Goal Attainment Program (PGAP) is a reactivation program to help workers increase participation in daily activities and transition back to work. [Lni.wa.gov/Coaching](https://lni.wa.gov/Coaching)

1. AHRQ – Noninvasive Nonpharmacological Treatment for Chronic Pain: A Systematic Review: effectivehealthcare.ahrq.gov/products/nonpharma-treatment-pain/research-2018

Pharmacologic Treatments²

The Agency for Healthcare Research and Quality (AHRQ) conducted an evidence-based review to evaluate the benefits and harms of non-opioid drugs for specific type of chronic pain, considering the effects on

pain, function, quality of life and adverse events. The following therapies have evidence for either short- or intermediate-term improvement in pain and function:

Treatment	Coverage
Acetaminophen	Covered
Aspirin	Covered
NSAIDs (Topical diclofenac 1% gel* is covered if oral NSAID is not tolerated or contraindicated)	Covered
Topical formulations of capsaicin, menthol, and lidocaine	Covered
Cyclobenzaprine and methocarbamol (for acute use only)	Covered
Duloxetine	Covered
Claim-related migraines	
Acute treatment (Triptans*, CGRP receptor antagonists* and ditans*)	See current publication*
Preventive treatment (Topiramate, divalproex sodium, amitriptyline, venlafaxine, metoprolol, propranolol* and timolol are first line agents. OnabotulinumtoxinA and CGRP receptor antagonists require trial and failure of first-line agents)	See current publication*
Fibromyalgia (if treatment is allowed on an aid-to-recovery basis)	
Duloxetine and milnacipran	See current publication*
Gabapentin and pregabalin	See current publication*
Memantine	See current publication*
Neuropathic pain	
Tricyclic antidepressants, duloxetine and gabapentin are first-line agents	See current publication*
Pregabalin requires trial and failure of first-line agents	See current publication*
Carbamazepine and oxcarbazepine for trigeminal neuralgia	See current publication*

*Drug coverage on an individual claim is subject to specific L&I policy and determination of appropriateness for the accepted conditions. Please see lni.wa.gov/patient-care/treating-patients/drugs-and-prescriptions, for current information.

Certified mental health, substance use disorder and other treatment facilities

The newly published Behavioral Health Agency Directory (BHA) (PDF) is at: <https://doh.wa.gov/sites/default/files/2022-02/606019-BHADirectory.pdf?uid=64da93134011b>

This publication was previously referred to as the "Green Book" and includes contact information for BHA

providers by county for certified mental health, substance use disorder, and problem and pathological gambling and other services, along with the services they are certified to provide. For a real-time list of licensed or certified providers, see <https://fortress.wa.gov/doh/facilitysearch>.

2. AHRQ – Nonopioid Pharmacologic Treatments for Chronic Pain effectivehealthcare.ahrq.gov/products/nonopioid-chronic-pain/research