

Oral, intravenous, and topical pharmacotherapy approaches

- Anti-inflammatory therapies (e.g., non-steroidal anti-inflammatory drugs (NSAIDs), corticosteroids, cyclooxygenase-2 (Cox-2) inhibitors)
- Free radical scavengers (e.g., mannitol, vitamin C)
- Immunomodulators (e.g., tumour necrosis factor V inhibitors, immunoglobulins)
- Anticonvulsants (e.g., pregabalin, gabapentin)
- Antidepressants and anxiolytics (e.g., amitriptyline, doxepin)
- Opioids (e.g., morphine, tramadol)
- N-methyl-D-aspartate (NMDA) receptor antagonists (e.g., ketamine, memantine)
- Antihypertensives and alpha-adrenergic antagonists (e.g., clonidine, phentolamine)
- Bisphosphonates (e.g., pamidronate, alendronate)
- Calcitonin
- Topical analgesics such as lidocaine patches or creams with local anaesthetic, capsaicin or dimethyl sulphoxide (DMSO)

Interventional procedures

- Intravenous sympathetic nerve block with various anaesthetics
- Sympathectomy (e.g., alcohol or phenol, surgically by excision or electrocoagulation)

Neuromodulation

- Various non-invasive and invasive procedures for pain relief through electrical stimulation of the nervous system. Invasive procedures include the implantation of electrodes in the epidural space of the spinal cord or dorsal root ganglion.

Occupational and physiotherapeutic rehabilitation

- Various approaches, often as a multimodal form of treatment, involving e.g., manual therapy, tactile desensitisation, electrotherapy (including TENS), therapeutic exercises, pain management training

Psychological forms of therapy

- Cognitive behavioural therapy, acceptance and commitment therapy, counselling and relaxation techniques, exposure-based treatments