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[Living with Paralysis: Pain Management](#)

Pain is a frequent problem for many individuals living with a spinal cord injury (SCI) and can interfere significantly with daily life. [Living with Paralysis: Pain Management](#) provides information on the types of pain and various treatment options. There are many types of pain associated with SCI with varying frequency, duration, severity and location, including areas where there is little or no feeling.

Although pain after a SCI can be complicated and difficult to treat, it is most often related to nerve damage from the injury or musculoskeletal problems that arise from living with a SCI. By identifying the mechanism for the pain and targeting each selective mechanism with treatment options, pain can often be managed and reduced enough to improve your quality of life. For many, a holistic approach that includes a combination of exercise, medication, stress reduction, or alternative treatments, such as acupuncture, can help relieve SCI pain.