

**TABLE 18**

***Complementary Therapies***

- **Complimentary (Nonpharmacologic) Therapies for Which Evidence of Effectiveness Exists**
  - Education
  - Cognitive/behavioral therapy
  - Exercise

***Other Complementary Therapies***

Although no scientific evidence supports the effectiveness of these therapies in elderly Patients in the long-term care setting, they may be beneficial to some individuals.

**Physical:**

- Physical and occupational therapy
- Positioning (e.g., braces, splints, wedges)
- Cutaneous stimulation (e.g., superficial heat or cold, massage therapy, pressure, vibration)
- Neurostimulation (e.g. acupuncture, transcutaneous electrical nerve stimulation)
- Chiropractic

**Nonphysical:**

- Psychological counseling
- Spiritual counseling
- Peer support groups
- Alternative medicine (herbal therapy, naturopathic and homeopathic remedies)
- Aromatherapy
- Music, art, drama therapy
- Biofeedback
- Meditation, other relaxation techniques
- Hypnosis