

I AM STRONGER

than painkillers



GO! Physical Therapy

STOP! opioid abuse

#ChoosePT

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PHYSICAL THERAPY VS. OPIOIDS FOR PAIN MANAGEMENT:

Due to the extreme risks associated with opioid use, the CDC has recommended nonopioid approaches, including physical therapy, for a wide range of pain management cases.

CDC guidelines limit the recommendation of prescription opioids to very limited cases, such as cancer treatment, palliative care, and end-of-life care, as well as certain acute care situations.



PATIENTS SHOULD CHOOSE PHYSICAL THERAPY WHEN:



The risks of opioid use outweigh the rewards. Potential side effects of opioids include depression, overdose, and addiction, plus withdrawal symptoms when stopping opioid use.



Patients want more than masking the pain. Opioids reduce the sensation of pain by interrupting pain signals to the brain, often enabling physical issues to worsen.



Pain or function problems are related to low back pain, hip or knee osteoarthritis, or fibromyalgia. The CDC cites "high-quality evidence" supporting a physical therapy treatment plan in these cases.



Opioids are prescribed for pain. The CDC recommends that opioids "should be combined" with nonopioid therapies, such as physical therapy.



Pain lasts 90 days. CDC guidelines prefer nonopioid therapies for chronic pain and recommend opioid therapy only if expected benefits for both pain and function are anticipated to outweigh significant risks.

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Before you agree to an opioid prescription, consult a physical therapist to discuss nonopioid treatment options. Visit KPTA.com for more information.

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