



PAIN RELIEF

VS.



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**ASK A PHYSICAL THERAPIST
ABOUT SAFER WAYS TO MANAGE PAIN.**

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American Physical Therapy Association

Don't just mask your pain. Treat it.

No one wants to live in pain. But no one should put their health at risk in an effort to be pain free.

Since the late 1990s, Americans in pain have increasingly been prescribed opioids—painkillers such as Vicodin, OxyContin, Opana, and Methadone, as well as combination drugs such as Percocet. In some situations, dosed appropriately, prescription opioids are an appropriate part of medical treatment. However, opioid risks include depression, overdose, and addiction, plus withdrawal symptoms when stopping use. And people addicted to prescription opioids are 40 times more likely to become addicted to heroin.

The Centers for Disease Control and Prevention is urging health care providers to significantly reduce opioid prescribing in favor of safe alternatives such as physical therapy.

Physical therapists treat pain through movement. This includes exercise, manual therapy, patient education, and a “team approach” that helps you be an active participant in your own recovery.

Don't just mask your pain. Treat it.

Visit MoveForwardPT.com/ChoosePT to learn how physical therapy can help you or someone you love manage pain without the risky side effects of opioids. Join the conversation on Twitter using **#ChoosePT**.

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Things You Should Know

Statistics from the Centers for Disease Control and Prevention

1,000+

people per day are treated in emergency departments for misusing prescription opioids.

78

people per day die from an opioid-related overdose.

1 in 4

people who receive prescription opioids struggle with addiction.

259 million

prescriptions for opioids were written in 2012, enough for every US adult.