25% of Americans report having low back pain within the past 3 months. (Back Pain Fact Sheet, NINDS 2014)

Of patients with low back pain...

- **As few as 10%** are referred to a physical therapist. (Stagnant physical therapy referral rates alongside rising opioid prescription rates in patients with low back pain in the United States 1997-2010. Spine (Phila Pa 1976) (May 2017)

- **As many as 61%** receive opioids. (Opioids for back pain patients: primary care prescribing patterns and use of services. Journal of the American Board of Family Medicine 2011)

Safe long-term pain relief doesn’t come in an opioid bottle.

The Centers for Disease Control and Prevention (CDC) recommends safer nonopioid approaches like physical therapy for the long-term treatment of most chronic pain.

Physical therapists manage chronic pain according to the following recommended approaches:

- **Manual Therapy**
- **Exercise/Staying Active**
- **Education**


Talk to your health care provider about safe and effective ways to manage pain.

Find a physical therapist near you at MoveForwardPT.com.

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