

**"PHYSICAL THERAPISTS PARTNER
WITH PATIENTS, THEIR FAMILIES,
AND OTHER HEALTH CARE
PROFESSIONALS TO MANAGE PAIN,
OFTEN REDUCING OR ELIMINATING
THE NEED FOR OPIOIDS. RESEARCH
HAS SHOWN THAT A SIMPLE
EDUCATION SESSION WITH A
PHYSICAL THERAPIST CAN LEAD TO
IMPROVED FUNCTION, RANGE OF
MOTION AND DECREASED PAIN."**

-AMERICAN PHYSICAL THERAPY ASSOCIATION



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MOVEMENT IS MEDICINE



OPIOID PROBLEMS?

KNOW ALL YOUR
OPTIONS!

OPIOID ABUSE OR ADDICTION PROBLEMS?

Are you or a loved one dealing with an opioid abuse or addiction? If you need immediate help or treatment, please call the National Substance Abuse and Mental Health Services Administration Helpline. They can be reached 24 hours a day and 7 days a week. It is a FREE service in English or Spanish that can provide referrals to local treatment facilities, support groups, and community-based organizations.

1-800-662-4357

NATIONAL **HELPLINE**



130+

People died every day from opioid-related drug overdoses³ (estimated)



2.1 million

People had an opioid use disorder¹

PHYSICAL THERAPY:

PROVEN PAIN RELIEF

PHYSICAL THERAPY TREATMENT FOR PAIN HAS BEEN SHOWN EFFECTIVE THROUGH MANY RESEARCH STUDIES. IT IS ESPECIALLY GOOD FOR TREATING CHRONIC PAIN, INCLUDING BACK PAIN, FIBROMYALGIA, AND HIP/KNEE OSTEOARTHRITIS. PHYSICAL THERAPY ALSO IMPROVES FUNCTION AS IT REDUCES PAIN. (CDC DATA)



28,466

Deaths attributed to overdosing on synthetic opioids other than methadone²



11.4 m

People misused prescription opioids¹

LONG TERM

PHYSICAL THERAPISTS WORK TO IDENTIFY THE SOURCE OF YOUR PAIN. TAKING PILLS FOR PAIN, SIMPLY MASKS A PROBLEM

NON-ADDICTIVE

WITH PHYSICAL THERAPY TREATMENT, PATIENTS ARE IN LESS DANGER OF BECOMING DEPENDENT ON MEDICATION. PHYSICAL THERAPY HELPS PATIENTS AVOID THE THREAT OF ADDICTION.