



PAIN RELIEF

VS.



PAIN RELIEF

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

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American Physical Therapy Association.

FEWER OPIOIDS. MORE MOVEMENT. BETTER HEALTH.

**Pain is personal, but treating
pain takes teamwork.**

**When it comes to your health,
you have a choice.**

**Choose more movement
and better health.**

Choose physical therapy.

Every year, millions of Americans use opioids to manage pain.

Pain can be unrelenting, overwhelming, and all-consuming. So why do so many of us try to manage pain only from the palm of our hand?

Doctor-prescribed opioids are appropriate in some cases, but they just mask the pain—and reliance on opioids has led to the worst drug crisis in American history.

That's why the CDC recommends safer alternatives like physical therapy to manage pain.

Physical therapists treat pain through movement, hands-on care, and patient education—no warning labels required. By increasing physical activity you can also reduce your risk of other chronic diseases.

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