

# CHOOSE PHYSICAL THERAPY

for Low Back Pain

**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)

▶ **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.

CDC Guideline for Prescribing Opioids for Chronic Pain – United States, 2016

**PHYSICAL THERAPISTS TREAT CHRONIC PAIN ACCORDING TO THE FOLLOWING RECOMMENDED APPROACHES:**



**Manual Therapy**



**Exercise/  
Staying Active**



**Education**

"Clinical practice guidelines for the noninvasive management of low back pain: a systematic review by the Ontario Protocol Traffic Injury Management Collaboration." *European Journal of Pain* (2017)

**TALK TO YOUR HEALTH CARE PROVIDER ABOUT SAFE AND EFFECTIVE WAYS TO MANAGE PAIN.**

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