

This issue contains:

- *SUMMER-2016!
- *Penn Township Fall Festival-September 16-17
- *Physical Therapy vs Opioids: When to Choose Physical Therapy for Pain Management.
- *Brain Teaser Contest
- *Referral Winner



We offer Bio-Freeze at Penn-Trafford Physical Therapy. We have 3 oz. roll-ons and 4 oz. tubes. Please be sure to stop in and see us if you need some.

Don't forget to visit our website at: www.ptpti.com. If you have any comments or suggestions, please feel free to call us at 724-744-7200.

REFERRAL APPRECIATION

Penn-Trafford Physical Therapy Inc., would like to thank those patients who recommended us to their family and friends. Their names will be entered into a drawing for a gift card. So if you recommend us to others, you too can have your name entered into a drawing for a gift card.

Mary Ellen Berta will receive a gift card for being selected from our last referral appreciation drawing. Thank you!

We had 18 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Diane Weaver**. Congratulations Diane and to all who correctly solved the brainteaser.

Last newsletter's brain teaser:

Double Agent



PENN - TRAFFORD PHYSICAL THERAPY, INC.

Volume Number 43 • Issue Number 43 • Summer 2016

Welcome to our 43rd Penn-Trafford Physical Therapy Inc. Newsletter



It's SUMMER! That time of year where we take a day off to go hiking, biking, kayaking, swimming or any activity that requires being outdoors! Sunny days filled with endless hours of daylight and roadways jammed for miles with families heading to their VACATION destination.....who wouldn't love summer??? Penn-Trafford Physical Therapy would like to extend our best wishes to you and your remaining summer days and please stay safe.



Penn-Trafford Physical Therapy will have a booth at the Penn Township Fall Festival on September 16th & 17th. Stop by and say hello, we would love to see all of our past and present patients!

Please take a minute to read our article: **“Physical Therapy vs Opioids: When to Choose Physical Therapy for Pain Management”**. According to the Centers for Disease Control and Prevention (CDC), sales of prescription opioids have quadrupled in the United States, even though “there has not been an overall change in the amount of pain that Americans report.” We hope you find it as fascinating as we did.

Physical Therapy vs Opioids: When to Choose Physical Therapy for Pain Management

In March 2016, the CDC guidelines recognized that prescription opioids were appropriate in certain cases, including cancer treatment and end of life care, and also in certain acute care situations, if properly dosed. But for other pain management, the CDC recommends nonopioid approaches including physical therapy.

Patients should choose physical therapy when.....

.....The risks of opioid use outweigh the rewards.

Potential side effects of opioids include depression, overdose, and addictions, plus withdrawal symptoms when stopping opioid use. Because of these risks, “experts agree that opioids would not be considered firstline or routine therapy for chronic pain.

.....Patients want to do more than mask the pain.

Opioids reduce the sensation of pain by interrupting pain signals to the brain. Physical therapist treat pain through movement while partnering with patients to improve or maintain their mobility and quality of life.

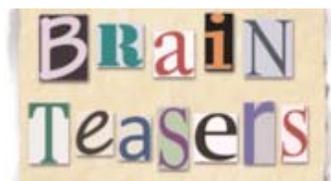
.....Pain or function problems are related to low back pain, hip or knee osteoarthritis, or fibromyalgia.

The CDC cites "high-quality evidence" supporting exercise as part of a physical therapy treatment plan for conditions of low back, hip and knee pain.

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 your physical therapist can lead to improved function, range of motion, and decreased pain. So.....before you agree to a prescription for opioids, ask if physical therapy is right for you! So give us a call at 724-744-7200 if you have any questions and/or set up an appointment.

Special thanks to the APTA website: www.apta.org for this insightful article.

Hope you enjoyed the newsletter. If you have any suggestions for future topics, call us at 724-744-7200.



This issue's brainteaser is challenging, make sure you really think this one through...



The first 25 callers who solve and call with the answer will have their names entered into a drawing for a gift card. **Call 724-744-7200 with your answer.**