The Problem with Pain

About 100 Million Americans SUFFER from chronic pain1

Over $500 Billion was LOST in 2010 due to chronic pain1

42,000 People Died due to OPIOID overdose in 20162

Opioids Can Have Dangerous SIDE EFFECTS, such as respiratory depression1

Exercise: An Option For The Future

Employing exercise as an adjunct therapy for pain management can decrease medication side effects, pill burden, and also help patients increase strength