



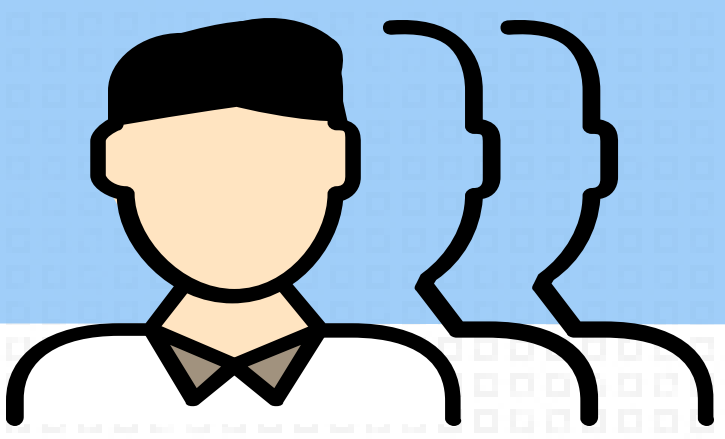
Prescribing Exercise

For Chronic Pain Management

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

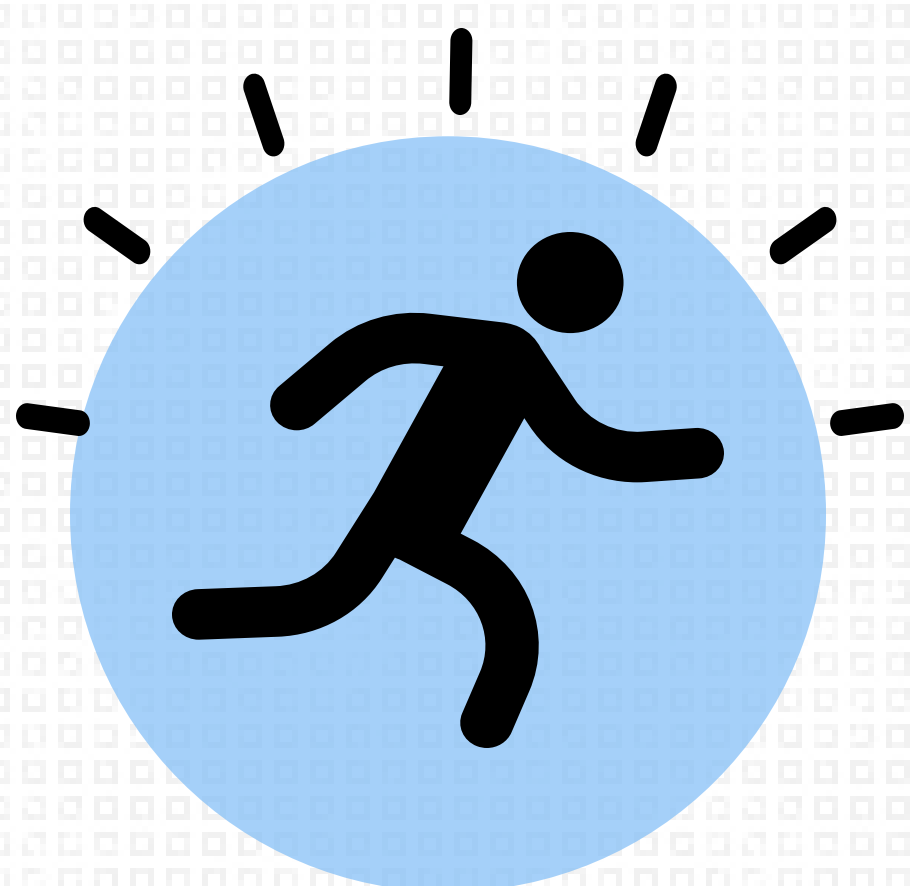
due to OPIOID overdose in 2016²



Opioids Can Have Dangerous SIDE EFFECTS, such as respiratory depression¹

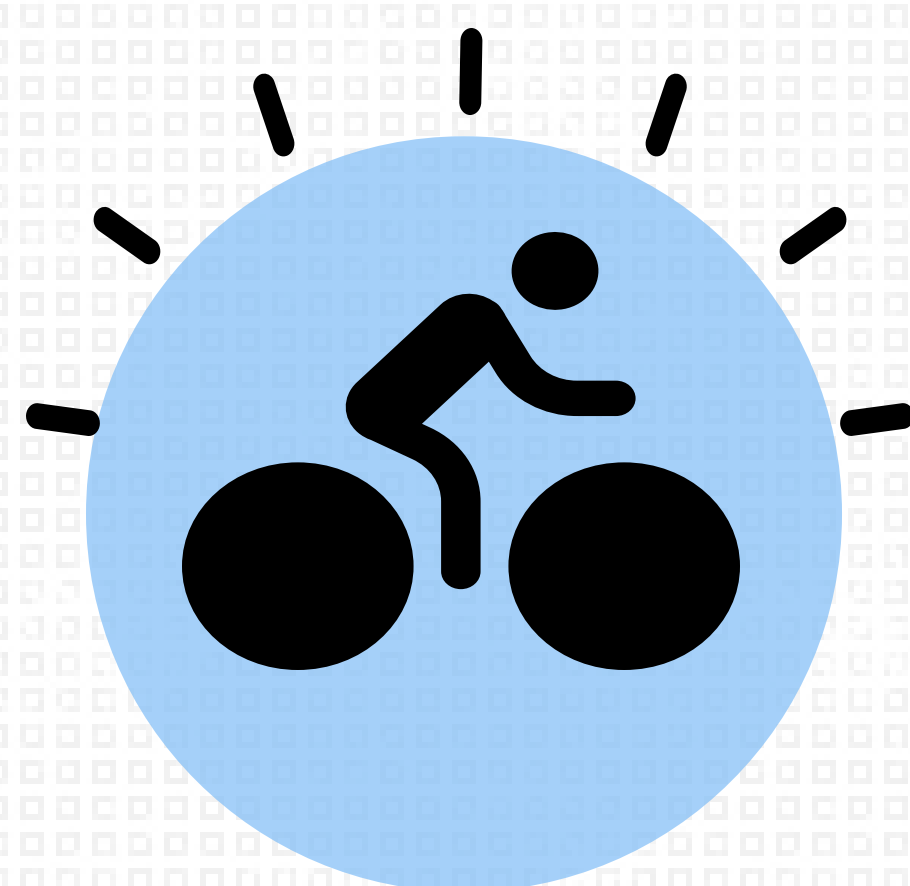
Exercise: An Option For The Future

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



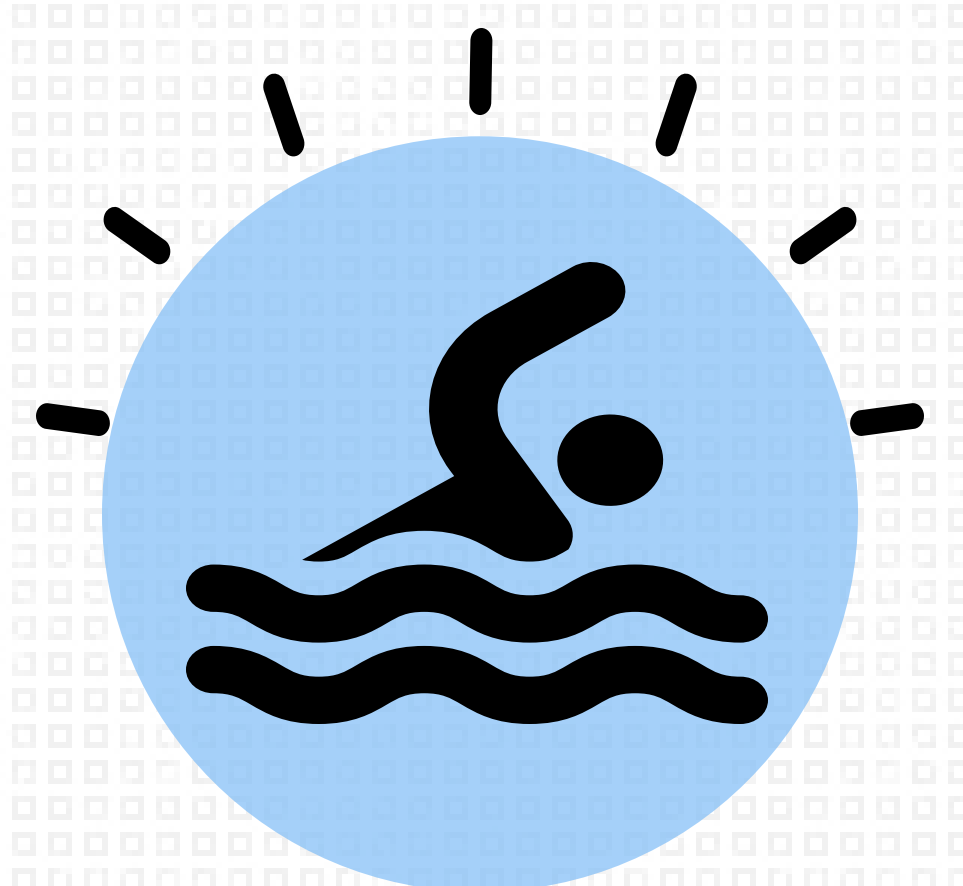
EFFECTIVE

Aerobic exercise alone is as beneficial as taking NSAIDs, such as ibuprofen or naproxen³



RELIEF

Exercise is shown to help alleviate symptoms associated with pain and chronic disease states¹



PREVENTION

Sedentary behavior can lead to loss of function and progression of disease, both of which can result in pain⁴

Article by Katie Hettinger

Design by Sara Hudson

1. Ambrose KR, Golightly YM. Physical exercise as non-pharmacological treatment of chronic pain: Why and when. *Best Pract Res Clin Rheumatol*. 2015;29(1):120-130. doi:10.1016/j.berh.2015.04.022.

2. Schatman ME, Ziegler SJ. Pain management, prescription opioid mortality, and the CDC: is the devil in the data? *J. Pain Res*. 2017;10:2489-2495. doi:10.2147/JPR.S153322.

3. Giannotti E, Koutsikos K, Pigatto M, Rampudda ME, Doria A, Masiero S. Medium-/long-term effects of a specific exercise protocol combined with patient education on spine mobility, chronic fatigue, pain, aerobic fitness and level of disability in fibromyalgia. *BioMed Res Int*. 2014;2014:474029. doi:10.1155/2014/474029.

4. Lee C, Crawford C, Swann S, et al. Multimodal, integrative therapies for the self-management of chronic pain symptoms. *Pain Med*. 2014;15(suppl 1):S76-S85. doi:10.1111/pme.12408.

