



NEWSLETTER

SMITHTOWN – SAYVILLE – RIVERHEAD

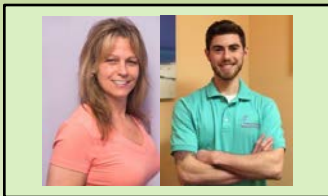


At Beyond Diagnostics, our Board Certified Electrophysiologists are highly trained in performing & analyzing **EMG, NCS & MSKUS** tests in a timely & accurate manner.

Visit BeyondDiagnosticsLI.com today to find out more and book your appointment with us!



We take great pride in our dedicated & licensed massage therapists, Helene & Shayne!



Myofascial release, sports massage, medical massage and prenatal massage are just a few things that these two specialize in.

Please visit our website PhysicalTherapyBeyond.com/Healing-Hands or simply call us to learn more. We look forward to booking a session for you!



Avoid Addictive Opioids! Choose Physical Therapy for Safe Pain Management. #ChoosePT

No one wants to live in pain. But no one should put their health at risk in an effort to be pain free. Doctor-prescribed opioids are appropriate in some cases, but they just mask the pain - & opioid risks include depression, overdose, & addiction, plus withdrawal symptoms when stopping use.

That's why the CDC recommends safer alternatives like physical therapy to manage pain. Physical therapists treat pain through movement, hands-on care, & patient education - & by increasing physical activity, you can also reduce your risk of other chronic diseases.

Pain is personal, but treating pain takes teamwork.
When it comes to your health, you have a choice. Choose more movement & better health. Choose physical therapy!

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 prescriber rates in patients with low back pain in the United States 1997-2010. Spine (Phila Pa 1976) May 2012.

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 (2015)

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 MANAGE 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 for Trauma Injury Management Collaboration. European Journal of Pain (2013)

59 Landing Avenue, Suite 4
Smithtown, NY 11787
631-361-5111

200 Railroad Avenue, Suite 1
Sayville, NY 11782
631-589-4678

20 West Main Street, Suite 102
Riverhead, NY 11901
631-941-3535