

SESSION 7 - The Opioid Epidemic and the Physical Therapist's Role Summary

Our presentation will focus on discussing the current opioid epidemic and what, if any, strides have been made at combating abuse and overdose deaths. As an integral part of this discussion, there will be review of pain, and how modern research has reshaped our understanding of this experience. Next, we will discuss evidence surrounding use of opioids to manage pain, and what current research outlines as best practice for prescribing opioid pain medication. As you may imagine, there is not much supporting evidence for long term use of opioids, so our conversation will shift to conservative treatment options (namely physical therapy) as an effective and evidence-based approach to managing pain/dysfunction. Finally, we will discuss how implementing a biopsychosocial approach to pain can assist in pain management and functional progression (when implemented as part of physical therapy care).