Opioid Drugs or Manual Therapies?

Your Choice...

Do you take your pain relief with side effects? Or without?

Safe long-term pain relief doesn’t have to come in a prescription drug bottle.

The Centers for Disease Control and Prevention (CDC) recommends safer non-opioid approaches like manual therapy for the long-term treatment of most chronic pain.

_CDC Guideline for Prescribing Opioids for Chronic Pain, 2016._

**Opioid Drugs for Pain Relief**

Opioid drugs work by binding to opioid receptors in the brain, spinal cord and other areas of the body. They reduce the sending of pain messages to the brain and reduce feelings of pain. _In other words, they mask the pain, rather than work to resolve the cause of the pain._

**Manual Therapy for Pain Relief**

Underneath pain is a compensatory pattern with the source of dysfunction often being far from where the pain is felt. Manual therapists locate these patterns and their source, enabling treatment of all related tissues. As the source is released, the pain begins to decrease.

**POTENTIAL SIDE EFFECTS**

- Abdominal pain
- Addiction
- Confusion
- Constipation
- Depression
- Diarrhea
- Dizziness
- Drowsiness
- Dry mouth
- Hallucinations
- Headache
- Heart palpitations
- Indigestion
- Impairment of Motor skills
- Insomnia
- Itching
- Muscle rigidity
- Nausea
- Nervousness
- Painful urination
- Rash
- Reduced heart rate
- Seizures
- Spasicity
- Sweating and flushing
- Vertigo
- Visual disturbances
- Vomiting

**NO SIDE EFFECTS**

**TYPES OF MANUAL THERAPIES**

- CranioSacral Therapy
- SomatoEmotional Release
- Visceral Manipulation
- Neural Manipulation
- New Manual Articular Approach
- Total Body Balancing
- Lymphatic Balancing
- Muscle Balancing
- Joint Balancing

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