



# 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

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.*

#### POSSIBLE SIDE EFFECTS OF OPIOIDS

- 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
- Spasmodic
- Sweating and flushing
- Vertigo
- Visual disturbances
- Vomiting

### 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.

**NO SIDE EFFECTS**

#### TYPES OF MANUAL THERAPIES

- CranioSacral Therapy
- SomatoEmotional Release
- Visceral Manipulation
- Neural Manipulation
- New Manual Articular Approach

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