

# CHOOSE PHYSICAL THERAPY THE NEXT TIME YOU HAVE AN INJURY OR PAIN!

**Did you know that physical therapy can help you manage pain, save money, and move better?**

## 1) MANAGE PAIN:

The CDC recommends non-drug interventions such as physical therapy for the treatment of chronic pain. The risks associated with opioid use, including addiction, can be avoided with use of safe alternatives such as physical therapy.

## 2) SAVE MONEY:

Physical therapy is just as effective and cheaper than surgery for many musculoskeletal conditions. Ask your doctor if you are a good candidate for physical therapy when discussing treatment options.

## 3) MOVE BETTER:

Physical therapists are movement experts who can identify, diagnose, and treat movement problems. Maintaining pain free movement is not only important for quality of life but for work performance, participating in sports, and remaining independent through aging.

# #opt4pt

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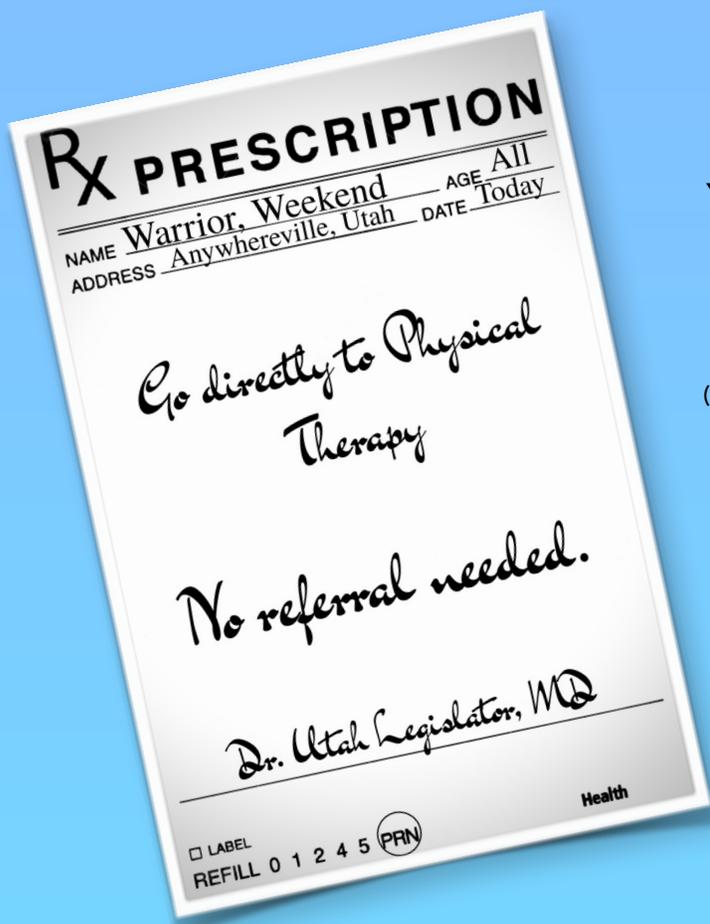
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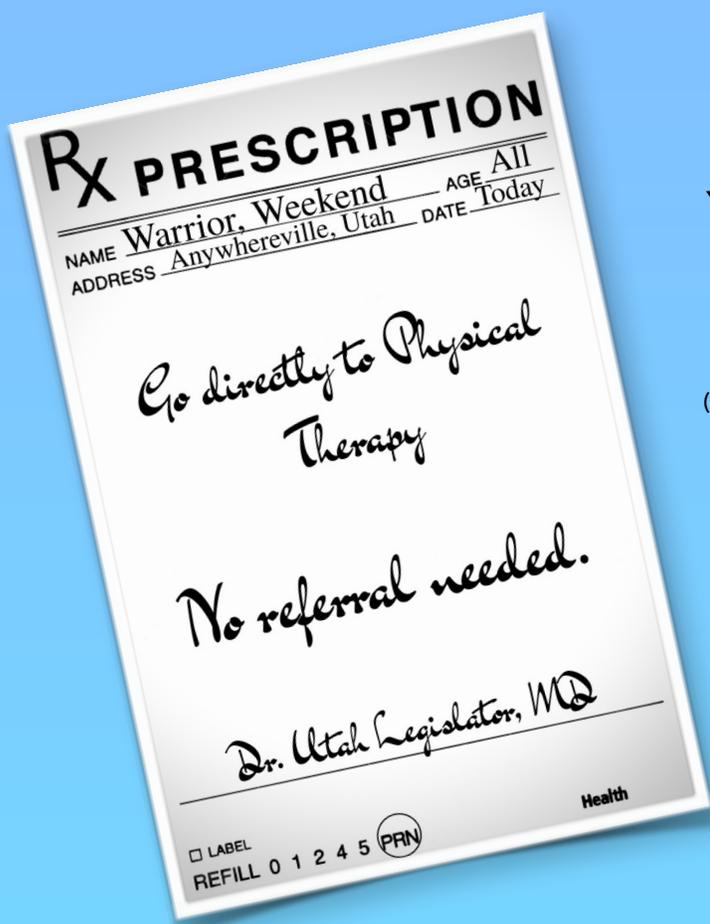
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Save time and money and go directly to physical therapy: You don't need a referral from a doctor for physical therapy. This is called direct access. Although access varies by state, you can arrange a physical therapy evaluation with the PT of your choice. (\*Verifying that a specific PT participates in your insurance plan prior to attendance is recommended.)

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