Alternatives to Opioids

Howard L Bost Forum 2018

Mona Carper, PT, DPT
Assistant Professor, University of Kentucky
Legislative Chair,
Kentucky Physical Therapy Association
Thank you... for the seat at the table!
Beyond Opioids: How Physical Therapy Can Transform Pain Management to Improve Health

An American Physical Therapy Association White Paper
June 1, 2018
Society of Instant Gratification

Quick Fix to Pain
Pain: Understanding the Basics

Healthy, unavoidable
Survival function to protect
An “alarm system” subject to many influences
Once seen as relatively simply system
Now understood as complex & multidimensional
Complex Problem Requires a Team Approach

“Ending the opioid epidemic will require collaboration among patients, families, providers, payers, and professionals across the continuum of health care settings, from primary care practices and pharmacies to hospitals and behavioral health facilities.”

- APTA White Paper
PTs are Experts in Human Movement

“PTs...engage in an examination process that focuses on not only the symptoms of pain but also the movement patterns that may be contributing to pain....”

-APTA White Paper
A Mechanic or A Mask?
PTs Evaluate for Risk Factors for Pain

- Disease History
- Cognitive and Psychological Factors
- Beliefs
- Sedentary Lifestyle
PTs Create an Individualized Treatment Plan

- Exercise
- Manual Therapy
- Stress Management
- Sleep Hygiene
- Pain Neuroscience Education
Kinesiophobia: Development & Recovery

- Initial Injury
  - Fear of (Re)Injury
  - Pain Experience
  - Depression
  - Disability
  - Disuse
- Chronic Pain
  - Deconditioning & Declining Function
  - Limited Mobility
Kinesiophobia: Development & Recovery

Chronic Pain

Deconditioning & Declining Function

Fear of (Re)Injury

Limited Mobility

Pain Experience

Initial Injury

Disuse Disability Depression

Fear Reduction

Graded Activity Exposure

Recovery

Improved Function
Multiple Persons of Concern

- The person with chronic pain with long history of opioid use
- The person with a new onset of pain
- The person with minimal to no pain, making less than optimal health choices
Influences Toward Chronic Pain

Lower activity level predicts greater temporal summation

Regular physical activity & exercise reduces excitability of central neurons

Naugle et al, 2017

Bobinski et al, 2015; Naugle & Riley, 2014; Sluka et al, 2013
General Intervention Principles

**Pain Mechanism**
- **Nociceptive Pain**
- **Neuropathic Pain**
- **Central Sensitization**

**Treatment Focus**
- **Injured Structures**
- **Reduce Stress on Nerve Neurodynamics**
- **Pain Education Stress Mgmt Sleep & Activity Mgmt Graded Activity & Exposure**
### Early ACTIVE Physical Therapy: Changing the Body & Brain Responses to Pain

<table>
<thead>
<tr>
<th>Health Condition &amp; Reference</th>
<th>Risk of Opioid Use*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-traumatic knee pain</td>
<td>0.67</td>
</tr>
<tr>
<td>Stevans et al., 2017</td>
<td></td>
</tr>
<tr>
<td>Low Back Pain</td>
<td>0.72</td>
</tr>
<tr>
<td>Frogner et al., 2018</td>
<td></td>
</tr>
<tr>
<td>Non-specific to neuromusculoskeletal disorders</td>
<td>0.62</td>
</tr>
<tr>
<td>Childs et al., 2015</td>
<td></td>
</tr>
<tr>
<td>Non-specific to neuromusculoskeletal disorders</td>
<td>0.78</td>
</tr>
<tr>
<td>Fritz et al., 2012</td>
<td></td>
</tr>
</tbody>
</table>

*Risk of prescription opioid use with early initiation of physical therapy vs. delayed referral or no referral for physical therapy.
#Choose PT
Move Forward PT.com

#MovementIsIsIsIsMedicine
Thanks again!

Mona Carper, PT, DPT
859-218-3658
ramona.carper@uky.edu