

CANYON

PHYSICAL THERAPY AND AQUATIC REHABILITATION

Newsletter

Physical Therapy vs Opioids: When to Choose Physical Therapy for Pain Management

According to the Centers for Disease Control and Prevention (CDC), sales of prescription opioids have quadrupled in the United States, even though "there has not been an overall change in the amount of pain that Americans report."

In response to a growing opioid epidemic, the CDC released opioid prescription guidelines in March 2016. The guidelines recognize that prescription opioids are appropriate in certain cases, including cancer treatment, palliative care, and end-of-life care, and also in certain acute care situations, if properly dosed.

But for other pain management, the CDC recommends nonopioid approaches including physical therapy.

Patients should choose physical therapy when ...

- **The risks of opioid use outweigh the rewards.** Potential side effects of opioids include depression, overdose, and addiction, plus withdrawal symptoms when stopping opioid use. Because of these risks, "experts agreed that opioids should not be considered firstline or routine therapy for chronic pain," the CDC guidelines state. Even in cases when evidence on the long-term benefits of non-opioid therapies is limited, "risks are much lower" with non-opioid treatment plans.
- **Patients want to do more than mask the pain.** Opioids reduce the sensation of pain by interrupting pain signals to the brain. Physical therapists treat pain through movement while partnering with patients to improve or maintain their mobility and quality of life.
- **Pain or function problems are related to low back pain, hip or knee osteoarthritis, or fibromyalgia.** The CDC cites "high-quality evidence" supporting exercise as part of a physical therapy treatment plan for those familiar conditions.
- **Opioids are prescribed for pain.** Even in situations when opioids are prescribed, the CDC recommends that patients should receive "the lowest effective dosage," and opioids "should be combined" with nonopioid therapies, such as physical therapy.
- **Pain lasts 90 days.** At this point, the pain is considered "chronic," and the risks for continued opioid use increase. An estimated 116 million Americans have chronic pain each year. The CDC guidelines note that nonopioid therapies are "preferred" for chronic pain and that "clinicians should consider opioid therapy only if expected benefits for both pain and function are anticipated to outweigh risks to the patient."

Before you agree to a prescription for opioids, consult with a physical therapist to discuss options for nonopioid treatment.

"Given the substantial evidence gaps on opioids, uncertain benefits of long-term use and potential for serious harm, patient education and discussion before starting opioid therapy are critical so that patient preferences and values can be understood and used to inform clinical decisions," the CDC states.

Physical therapists can play a valuable role in the patient education process, including setting realistic expectations for recovery with or without opioids.

Source: American Physical Therapy Association (APTA) via MoveForwardPT.com



Meet Jack

I am a seasoned PT Technician here at Canyon Physical Therapy. I've just celebrated my 5th year and still absolutely love and enjoy working here. It is very rewarding to be a part of the rehabilitation process of the patients we treat here, watching them recover from various injuries and conditions.

I am happily married for 22 years and have 2 children. A daughter and a son, both are teenagers now. I have a very active lifestyle. Fitness has become a huge part of my life. From pumping iron, to running, to mountain biking, to hiking every weekend. I love the outdoors.

My journey really began 3 years ago. Although I didn't have severe health issues, it was only a matter of time. I was very over weight. Actually, I've been really overweight, most of my adult life. Like so many others, I tried tons of diets over the years. Lost a few pounds, gained it back and more. Working in this environment began to motivate me. I decided to make a life change. I knew how to diet, but when you diet, you always come to that point when you fall off the diet. Instead, I "changed the way I eat". In a



nutshell, I really concentrated on portion control, eating lean proteins, healthy carbs (like whole grains), fruit and veggies, and eating small nutritious meals every 2-3 hours. That, combined with lots of exercise, has been my ticket to losing the pounds. I am actually down 150 pounds, and still counting. It's not always easy. There are bumps along the way. In Sept. 2014, I injured my hip on a 10k run. It took a full year to recover from that. But one year later, I ran another 10k race. During my own rehabilitation that year, I put about 40 pounds back on. The weight gain was not good, but since that small setback I've been able to drop that weight, plus another significant amount. I haven't been this weight since I was about 19 years old, so I continue to "enjoy" and "live" my life. Somewhere along the way, I discovered that I like to run. I've competed in half a dozen races this year already. I have an 8k run in 2 weeks and for the first time ever, on Dec. 10th, I'll be competing in my first triathlon. (That's a swim-bike-run) I am happy, I am healthy, and I am fit. My journey is not over either, so stay tuned.

Jack's transformation has been an inspiration to us all. He constantly reminds all of us that anything is possible if you put a plan together and work hard to achieve it. There are no words that express how proud we are to have Jack on our team!

Healthy Holiday Eating Strategies

Here are some simple ways you and your family can eat healthy.

Include:

- Fruits and vegetables
- Whole grains
- Beans and legumes
- Nuts and seeds
- Fish, skinless poultry, and plant-based alternatives
- Fat-free and low-fat dairy products
- Healthier fats and nontropical oils

Limit:

- Sodium and salt
- Saturated fat
- Sweets and added sugars, including sugar-sweetened beverages
- Red meats — if you choose to eat red meat, select the leanest cuts

Avoid:

- Trans fat and partially hydrogenated oils

Tips:

- Choose wisely, even with healthier foods. Ingredients and nutrient content can vary by brand and preparation.
- Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.
- Watch your calorie intake. To maintain weight, consume only as many calories as you use up through physical activity. If you want to lose weight, consume fewer calories or burn more calories.
- Eat reasonable portions. Often this is less than you are served.
- Eat a wide variety of foods to get all the nutrients your body needs.
- Prepare and eat healthier meals at home. You'll have more control over ingredients.
- Look for the Heart-Check mark to easily identify foods that can be part of an overall healthy diet. Learn more at heartcheck.org.



Holiday Work Parties Appetizers and Hors d'oeuvres:

- Get involved. There's usually a list for coworkers to volunteer to bring dishes for the party, so sign up! You can make a heart-healthy item, giving yourself at least one good option to enjoy.
- Come prepared. If the party is during lunch, eat a healthy breakfast followed in midmorning by a high-fiber snack, such as an apple or a small handful of almonds. If the party is after work, enjoy a protein-packed lunch like grilled fish or chicken with a salad and then later in the afternoon have another high-fiber snack. If you're not too hungry when you go to the party, it will be easier to avoid overeating.
- Map it out. Avoid loading up on foods that are fried, buttered or have a lot of cheese and cream. Even though the portions may be small, these fat-laden bites can really pack a punch. Look for fruit, veggies and dip, whole-grain crackers, and baked or grilled items.

Desserts:

- Use the buddy system. By splitting a dessert with someone, you can cut the calories and fat in half and avoid being wasteful. It's a win-win!

Beverages:

- Mix it up. If alcohol is being served, alternate each glass with a glass of water. This will help reduce your thirst while filling your stomach and you'll consume fewer calories.
- Watch seasonal drinks. Many holiday beverages have so much added sugar, they may as well be a dessert. Keep in mind what else you've eaten; it may be best to enjoy these drinks on another day.

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Healthy Holiday Eating Strategies

Making Traditions Healthy

Smart substitutions for your favorite holiday meals

Baking:

- Instead of butter, substitute equal parts unsweetened applesauce.
- Use a lower-calorie sugar substitute.
- Substitute low-fat or skim milk instead of whole or heavy cream.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

Cooking:

- Use vegetable oils or soft margarine instead of butter.
- Use whole-grain breads, rice and pasta instead of white.
- Bake, grill or steam vegetables instead of frying.
- Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.
- Compare labels of your holiday ingredients, and choose products with lower amounts of sodium and added sugars.

Beverages:

- Instead of alcohol in mixed drinks, use club soda.
- Mix 100-percent juice with water or use freshly squeezed juice instead of adding sugar to mixed drinks.
- Instead of using heavy cream or whole milk in dairy-based drinks, use low-fat or skim milk.
- Use spices and fruit, like cinnamon, cloves and cranberries instead of using sugar to sweeten cider.

Remember to Stay Physically Active!

The holiday season is about family and food – and all too often, adding a few extra pounds to our waistlines. Being physically active throughout the entire year is important to maintaining a healthy weight. The American Heart Association recommends that children (up to age 18) get at least 60 minutes a day and adults get at least 150 minutes per week of moderately vigorous physical activity. Keep your family physically active when the weather gets chilly with these tips:

- Go sledding. Running up a snowy hill, sliding down and repeating is a great way to get the whole family physically active.
- Ice skate. This is a great workout for your legs and heart. You'll also help strengthen your core, which is engaged when trying to keep you balanced.
- Shovel the snow. Someone has to do it, and it's a great way to get the heart pumping and the other muscles working. But don't overdo it!
- Go for an afternoon or evening walk, jog or run – and bring the dog! As long as you're dressed warmly any time of day can be enjoyable for taking a stroll or a jog. Winter days are shorter, so start early enough to finish before it gets too dark.
- Visit the gym or local community center. This is also a great way to entertain out-of-town guests. Grab a basketball, some jump ropes or volleyball for some fun physical activity!

Visit heart.org/healthyeating to learn more.



NOVEMBER/DECEMBER

CANYON PHYSICAL THERAPY & AQUATIC REHABILITATION

2852 N. Navajo Drive - Suite A
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Hours

Monday, Wednesday, Friday - 7am-6pm
Tuesday, Thursday - 8am-7pm
Saturday - 8am-5pm

Canyon Wellness Program

**Our facilities are available to Wellness Program members
Monday—Friday during regular business hours.**

**[AquaFit Class Monday, Wednesday, Friday 12:00 pm-1:00pm](#)
[RealFit Strength Class Tuesday & Thursday 1:00pm—2:00pm](#)**

SCHEDULE OF EVENTS

- *November 21st Flying High Turkey Drive (Prescott Valley Fry's)
- *November 24th –26th Thanksgiving (Closed)
- *November 24th Valley of Lights opens
- *November 27th Canyon Physical Therapy and Aquatic Rehabilitation 10 YEAR ANNIVERSARY
- *December 10th Open Half Day 8am to Noon
- *December 24th -26th Christmas (Closed)
- *December 31st New Year's Eve (Closed)

CPTAR Services

Canyon provides the best equipment and treatment technologies available to allow optimal and complete patient care. We provide both land-based and aquatic environments for rehabilitation. Our saltwater pool allows our patients to enter rehabilitation earlier and allows them an accelerated return to their prior level of function. This environment is optimal for post surgical patients of all types, including those patients who are losing the battle with gravity and may benefit from a more forgiving environment to regain function. Our patients also utilize our land-based gym with state of the art strength training and cardiovascular equipment. This assists us in treating a wide variety of conditions including, but not limited to, orthopedic injuries, post-surgical, back and neck, geriatric, sports injuries, workers' compensation, balance and fall risk, foot and ankle injuries, Fibromyalgia and acute vertigo (BPPV).

Visit our website: www.canyonpt.com

