

APTA
KentuckySM

A Chapter of the American
Physical Therapy Association

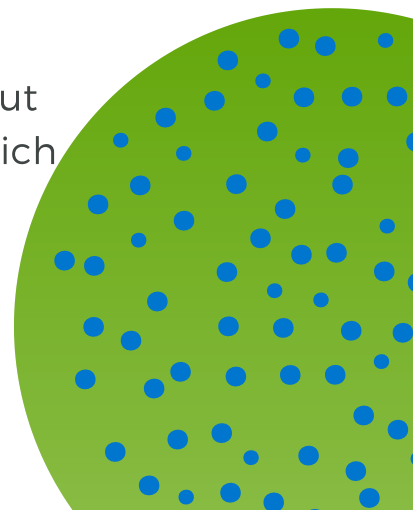
PHYSICAL THERAPY & ADDICTION TOOLKIT

SERIES 1

The tool kit is designed for health care specialists treating patients with musculoskeletal pain and substance use disorder. The toolkit is separated into two series. Series one provides 15 patient video lessons addressing:

- Why opioids are not the best choice for treating musculoskeletal pain.
- Why physical therapy is the best choice

Each individual lesson includes a patient \ family handout and is well referenced for evidence-based education which can be utilized for both the health care provider and patient.



SERIES 2

Series 2 addresses common and pressing topics facing these patients. Each session contains a video lesson that includes evidence-based patient education and resources along with a downloadable patient handout. The topics covered are:

- Counseling and Support Groups
- What is Hyperalgesia?
- Central Sensitization
- Stages of Change: How Physical Therapy Can Help
- Detox
- Levels of Addiction Recovery
- How is Sleep Affected by Chronic Pain, Substance Use Disorder, and Physical Therapy?
- Nutrition and Addiction
- Mindfulness/Meditation
- Exercise in Substance Use Disorder and Musculoskeletal Disorder
- Graded Exposure and Goal Setting
- Chronic Pain, Depression, Anxiety, PTSD - How Physical Therapy Can Help
- Physical Therapy Booster Sessions for Patients with Chronic Pain and Substance Use Disorder
- Wellness
- Relapse

CONTACT US FOR TOOLKIT
SUBSCRIPTION PRICING

Continuing education for healthcare providers wishing to learn more about physical therapy and substance use disorder is available [here](#).