

## May 11 - Physio can Help Your Chronic Pain

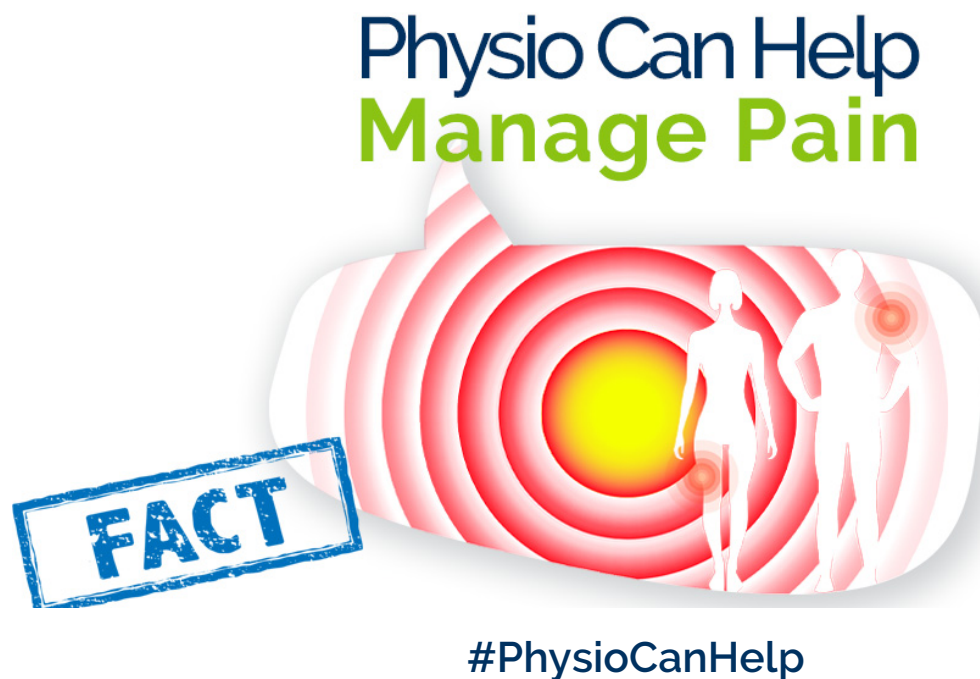
One in five Canadians experience chronic pain – this means over seven million Canadians of all ages experience chronic pain as a result of injury, illness, or dysfunction. Three quarters of these individuals say their pain interferes with their work life. Physiotherapy provides patient centred care in the management of chronic pain to reduce pain and improve function.

[https://www.youtube.com/watch?v=vOvGkV-hDHk&feature=emb\\_title](https://www.youtube.com/watch?v=vOvGkV-hDHk&feature=emb_title)

### Other Pain Management

As Canada combats a devastating opioid epidemic, safer, non-opioid treatments have never been of greater need. Internationally, physiotherapy is recognized as a safe and effective alternative for pain and is recommended in guidelines from the Centers for Disease Control and Prevention and other groups urging the avoidance of opioids for most pain treatment.

[https://physiotherapy.ca/sites/default/files/fact\\_sheet\\_illustrations\\_oco\\_manage\\_pain.pdf](https://physiotherapy.ca/sites/default/files/fact_sheet_illustrations_oco_manage_pain.pdf)



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