



Are you experiencing aches and pain?

Opioids, sometimes called narcotics, are medications prescribed by doctors to treat persistent or severe pain. While they can effectively relieve pain, opioids carry some risks and can be highly addictive. This is why opioids should not be used for everyday aches and pains.

There are two methods that you can try before being prescribed opioids: Alternative Therapies and Non-Opioid Medications

ALTERNATIVE THERAPY OPTIONS

1. Physical Therapy
2. Occupational Therapy
3. Acupuncture
4. Exercise
5. Stretching or Yoga
6. Hot/cold therapy



Add Physical Activity to Your Life

<https://bit.ly/AddPhysicalActivitytoYourLife>



**Silver Sneakers
Yoga for
Seniors**

<https://bit.ly/SilverSneakersYogaforSeniors>

NON-OPIOID MEDICATIONS

1. Over the Counter (OTC) Medications

- a. Ibuprofen (Advil)
- b. Naproxen (Aleve)
- c. Acetaminophen (Tylenol)
- d. Topicals such as creams and gels (Voltaren, Capsaicin, BioFreeze, etc.)

2. Prescription Medications

- a. Muscle Relaxants (Skelaxin, Soma, baclofen)
- b. Non-Steroidal Anti-Inflammatory drugs (NSAIDs)
- c. Lidocaine patches
- d. GABA analogs (gabapentin, Lyrica)



Talk to your provider or pharmacist about pain relieving options that are right for you.