

Physical Therapy

Journal of the American Physical Therapy Association



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2016 ROTHSTEIN ROUNDTABLE

Opioids Versus Physical Therapy: Should Physical Therapy Be the FIRST Option for Pain Management?

Friday, June 10, 8:00 am – 9:30 am
Gaylord Opryland, Ryman Studio F

Opioid use in pain management has reached a crisis stage, and several federal bodies—including the Centers for Disease Control and Prevention (CDC), National Institutes of Health, the Department of Defense, and the Veterans Administration—are examining opioid pain management. In a proposal aimed, in part, at building on an initiative that includes APTA, President Obama has designated \$1.1 billion in new funding over 2 years to fight opioid use and heroin abuse, and CDC guidelines include physical therapy as a solution for specific types of pain management. But can we afford to wait for opioid pain initiatives to emerge from federal bodies? Does physical therapy offer a viable, non-opioid choice for those seeking pain relief? What are the barriers to implementing physical therapy as the non-opioid, first-option pain management strategy? The Rothstein Roundtable is held in honor of Jules M. Rothstein, a former editor in chief of **PTJ** (1989–2005).

MODERATOR: Anthony Delitto, PT, PhD, FAPTA

SPEAKERS: Dave Elton, OPTUM/United Healthcare, Steven Z. George, PT, PhD, University of Florida, Arlene Greenspan, PT, DrPH, Centers for Disease Control and Prevention, Atlanta, GA, Michael Parkinson, MD, UPMC-Health Plan, Rob Saper, MD, Boston University/BMC



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