



Physical Therapy Before Anti-Inflammatory Medication

For many, it might be the right choice

It is estimated that 64 million Americans suffer with arthritis pain. Many more experience low back pain at one time or another. Anti-inflammatory medication is commonly prescribed, and can sometimes be helpful. However, the American Heart Association (AHA) makes some very strong recommendations with regard to the use of certain medications for arthritis treatment in patients with heart disease.

Let your doctor know if you have heart disease

The AHA, in their Feb. 27, 2007, Scientific Statement makes these important points, "...based on accumulated evidence that non-steroidal anti-inflammatory drugs (NSAIDs), with the exception of aspirin, increase risk for heart attack and stroke... We advise physicians to start with non-pharmacologic treatments such as physical therapy and exercise, weight loss to reduce stress on joints, and heat or cold therapy."

You have options

Each of you reading this has different and specific needs. For some, physical therapy might be the best choice. Others may experience better results with an anti-inflammatory medication. We just want you to be aware that physical therapy is a good first choice. Please ask your doctor. He or she will know if physical therapy, medication or a combination of both is best for you.

Can physical therapists effectively treat arthritis and chronic low back pain?

You bet we can. There are numerous high quality studies that conclude that treatment provided by a physical therapist for hip, knee, hand arthritis, and chronic back pain is effective. Specialized hands-on techniques and individualized therapeutic exercise programs are well documented as effective interventions for these chronic conditions.

You have a choice – seeing a physical therapist is a good one

If you, or someone you know, are suffering from chronic back or arthritis pain and they have heart disease, the best bet is to see a physical therapist. Give us a call and we will be happy to discuss physical therapy treatment alternatives with your doctor.

"You have options!"

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