



Southwest University
of Naprapathic Medicine



Presenters

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History of Naprapathy

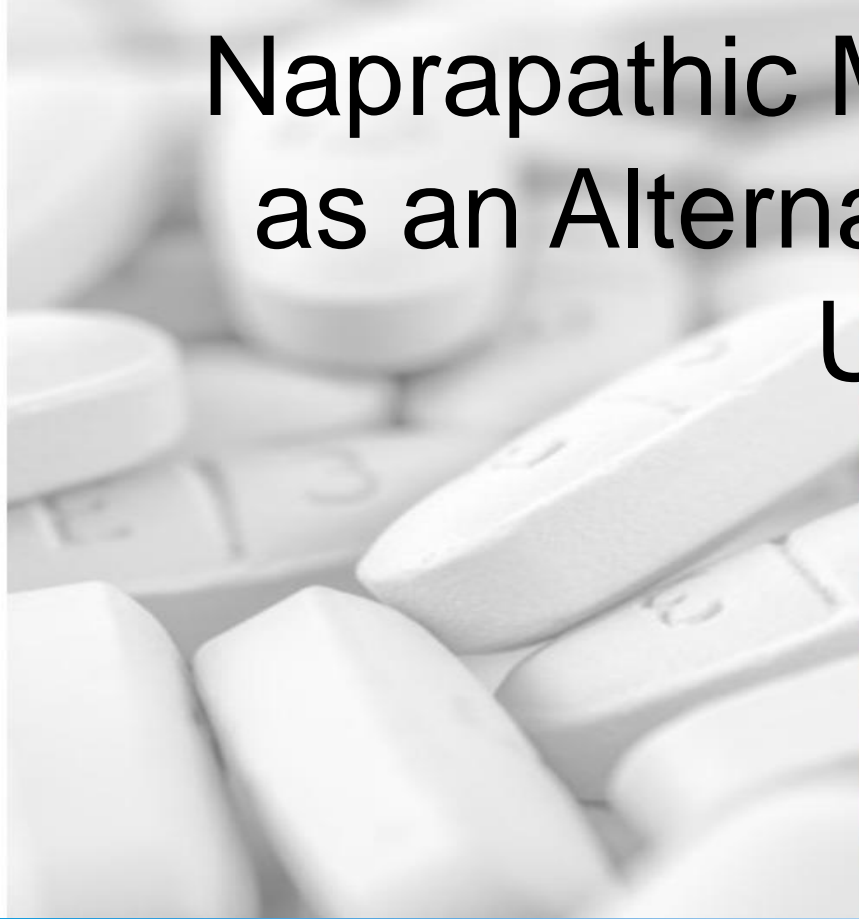


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Naprapathic Manual Therapy as an Alternative to Opioid Use



Questions

- Which approach is more safe and effective for treating chronic musculoskeletal pain?
 - Do the risks of opioid treatment outweigh the benefits?
 - Could Manual Therapy be part of the solution to reducing the use of opioids?

Pain in America

- Chronic pain
 - 11.2% of the adult population¹
- Back pain
 - 53.2 million doctor visits in 2012²

Opioid Prescriptions

- The number of opioid prescription quadrupled from 1999-2010³
 - Most of those prescriptions went to people who suffered from chronic non-cancer pain
- 3%-4% of the adult US population with long term opioid prescription⁴

Risks of Opioids

- Prescription Opioid Addiction
 - 2 million people with opioid use disorder associated with prescription opioid use⁵
- Overdose deaths (2016)
 - Opioids were involved in 42,249 deaths⁶
 - New Mexico
 - 349 deaths, higher per capita rate than national average⁷

Efficacy of Opioids for Chronic Pain

- Little evidence shows that opioids are effective for long term treatment of pain but it does increase risks of harms, such as: addiction, impairment, overdose, MVAs, falls and other accidents, heroin use
- Will result in tolerance and opioid-induced hyperalgesia (hyper-sensitivity to pain)^{10,11}

Financial Impact

- Economic burden of prescription opioid overdose and addiction was \$78.5 billion for 2013¹²
- One quarter of that cost paid by the public sector

New Guidelines and Recommendations

- **CDC Guidelines¹³**

“Of primary importance, nonopioid therapy is preferred for treatment of chronic pain. Opioids should be used only when benefits for pain and function are expected to outweigh risks.”

- **American College of Physicians Recommends noninvasive, non-drug therapies including spinal manipulation for low back pain¹⁴**
- **SAMHSA Recommendations (2017)**

Public Demand for Alternatives

- 78% of American would prefer to try other ways to address physical pain before trying pain relieving medication prescribed by a doctor
 - -Gallup Research Poll

Manual Therapy as an Alternative

- Modalities like Chiropractic care, Osteopathic manipulation, and Naprapathy (including soft tissue techniques) are legitimate front-line integrative alternatives to risky opioid treatment
- Low risk intervention¹⁴
- Lower likelihood of filling an opioid prescription for patients who received manual therapy than non-recipients¹⁵

Manual Therapy: Evidence of Efficacy

- Effective for:
 - Acute, sub-acute and chronic low back pain^{16,17,18,19}
 - Migraines, cervicogenic headache and dizziness¹⁶
 - Acute, sub-acute and chronic neck pain^{20,21}
 - Several extremity joint conditions including frozen shoulder and carpal tunnel syndrome^{16,22}

Efficacy of Naprapathic Medicine

- “Manual therapy, like naprapathy, might be an alternative to consider for back and neck pain patients”²³
 - Skillgate
- “Naprapathic manual therapy may be an alternative to consider for outpatients with disorders unlikely to benefit from surgery”²⁴
 - Lilje

Conclusion

- Manual therapy is much safer, more effective, and far less expensive in the long run than opioids for many musculoskeletal pain syndromes
- Use of Naprapathic medicine may help avoid or reduce the use of opioids and thus play an important role in fighting the prescription opioid epidemic in the US

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Questions and Comments?

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