Baptist Rehabilitation provides effective treatment options to help patients and physicians avoid opioid therapy for management of chronic pain.

<table>
<thead>
<tr>
<th>PHYSICAL THERAPY</th>
<th>OPIOIDS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pain</strong></td>
<td><strong>ONLY</strong> masked, not treated</td>
</tr>
<tr>
<td>Treated through individualized, hands-on care, movement, patient education and</td>
<td></td>
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<tr>
<td>comprehensive support</td>
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<tr>
<td><strong>Side Effects</strong></td>
<td></td>
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<tr>
<td>Improved mobility and independence, decreased pain</td>
<td>Depression, overdose, addiction, withdrawal symptoms</td>
</tr>
<tr>
<td><strong>Effectiveness</strong></td>
<td></td>
</tr>
<tr>
<td>*CDC recommends nonpharmacologic and nonopioid therapy for chronic pain and</td>
<td>Inconclusive for long-term pain management</td>
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<tr>
<td>reports high quality evidence supporting the use of physical therapy for pain</td>
<td></td>
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<tr>
<td>conditions</td>
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<tr>
<td><strong>Total Cost of Care</strong></td>
<td></td>
</tr>
<tr>
<td>Decreases costs and long-term health care utilization including diagnostics,</td>
<td><strong>NIH</strong> reports an annual cost of $115 billion attributed to the opioid</td>
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<tr>
<td>drugs and surgery</td>
<td>crisis in the U.S.</td>
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</tbody>
</table>

Who to refer

Patients with one or more of the following are ideal candidates for pain management through physical therapy:

### Prescription Usage

Daily use of 80 to 100 morphine milligram equivalents (MME) and/or multiple sedatives:

- Benzodiazepines
- Muscle relaxants
- Anticonvulsant agents

### Chronic Pain and Other Conditions

- Osteoarthritis
- Chronic headaches
- Back or neck pain
- Fibromyalgia
- Rheumatoid arthritis
- Trauma
- Joint pain
- Weakness
- Inflammation
- Atrophy
- Deconditioning
- Muscle tightness
- Tenderness
- Range of motion (ROM) loss
- Mobility loss
- Postural faults


Changing Health Care for Good*
To refer your patient, choose from the following easy options and take advantage of centralized scheduling. Baptist Rehabilitation will contact your patient to schedule.

1. **Electronic Ordering**
   - **Recommended!**
   - This option provides communication back to you regarding the status of your order. To enroll in electronic ordering, call 904.202.4980 or email businessdevelopment@bmcjax.com

2. **Fax** 904.202.3332

3. **Phone**
   - All locations except Baptist Nassau, call 904.202.4200
   - Baptist Nassau, call 904.321.3850

* Extended hours are available by location.

Visit baptistjax.com/rehab for more information.

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**Locations**

**Downtown**
PT/OT/ST/Massage
Baptist Heart Hospital, 2nd Fl
Wolfson Wellness Center
800 Prudential Drive
Jacksonville, FL 32207
904.202.9700
904.202.9298 fax
AgeWell Center for Senior Health
841 Prudential Drive
Suite 180
Jacksonville, FL 32207

**Mandarin**
PT only
10337 San Jose Boulevard
Suite 102
Jacksonville, FL 32257
904.268.1437
904.268.1658 fax

**Westside**
PT only
810 Lane Avenue South
Jacksonville, FL 32205
904.378.0685
904.378.3465 fax

**South**
PT/OT/ST/Massage
14546 Old St. Augustine Road
Suite 209
Jacksonville, FL 32258
904.271.6575
904.271.6678 fax

**Beaches**
PT/ST/OT/Massage
1320 Roberts Drive
Jacksonville Beach, FL 32250
904.627.2980
904.627.1499 fax

**Nassau**
PT/ST only
1348 S 18th Street
Medical Office Building B
Suite 300
Fernandina Beach, FL 32034
904.277.9677
904.277.0968 fax

* Some Baptist Rehabilitation locations are located within Baptist Primary Care offices.