



**NEWSLETTER**

Your #1 Health and Wellness Resource

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# Don't Become Just Another Opioid Statistic



**SEE HOW PHYSICAL THERAPY CAN  
HELP YOU AVOID OPIOIDS AFTER  
AN AUTOMOBILE ACCIDENT**

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## HOW PHYSICAL THERAPY CAN HELP YOU AVOID OPIOIDS AFTER AN AUTOMOBILE ACCIDENT

Are you tired of being told that medication is your only option? Have you been looking for a more holistic approach to your injuries? At ARC Physical Therapy, our physical therapists can guide you to solutions without using strong medications.

If you have recently been in a car accident, you know how frightening it can be. Automobile accidents can result in injuries ranging from mild aches and pains to severe whiplash.

In many cases, you may be prescribed strong medications, including opioids, as a way to ease your pain during your recovery process. Unfortunately, opioids are highly addictive and contain undesirable side effects.

It is also estimated that millions of Americans misuse the pain-management drugs they're prescribed when recovering from an injury – such as those sustained during car accidents. According to the CDC, overdose deaths involving prescription opioids more than quadrupled from 1999 to 2019.

Fortunately, physical therapy is a much safer and more effective pain-management solution. Physical therapy can help in your recovery from an automobile accident by reducing pain and inflammation, in addition to restoring your range of motion.

Our team is here to help you recover from the injuries you sustained in your car accident. Contact ARC Physical Therapy today to schedule an appointment and get back on track to leading a life you love, free of pain.

### The Dangers of Using Opioids

It is important to note that opioids and over-the-counter drugs are very different. For the most part, Advil, Tylenol, and ibuprofen are safe to use in moderation if you are trying to find immediate relief when recovering from your car accident. There aren't many significant health risks when people turn to over-the-counter medications to help ease the pain.

Opioids are one of the most commonly used medications for pain management. Their use for acute or terminal pain is well accepted, but their role and benefit for chronic, non-cancer related pain are controversial. But for a more serious injury you may have sustained during an accident, prescription-strength medications may be issued.



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One of the primary reasons for the controversy is the well-known psychological addiction that can occur from using these medications. Opioids are highly addictive and are the most commonly abused prescription medication.

More than 2 million people in the United States become addicted to pain medication every year, many of the medicines being opioids. Opioids are a highly dangerous class of substances, and the risks of opioids often outweigh the rewards. The more severe side effects of opioids include depression, overdose, and addiction. The withdrawal symptoms when stopping opioid use are also a serious problem that can be avoided by not getting started on them in the first place.

You don't need to have a history of addiction to become dependent on opioids. Many people who become addicted have never had any issues with drug dependency in the past. Fortunately, physical therapy can help provide the same pain relief in a much safer, healthier, and natural way.

## How Physical Therapy Can Help

If you were injured in a car accident, physical therapy is a form of treatment that will help in both easing your pain and helping your body heal. Unlike opioids, physical therapy aims to provide long-term relief instead of short-term. Physical therapy goes beyond pain relief and works to improve your body's overall function by getting to the root of the problem.

Sustaining a crash-related injury may hinder your ability to stand, walk, run, work, and move altogether. Physical therapists treat pain through movement and teaming up with you to improve or maintain your mobility and quality of life. We will address these areas of function at your initial appointment and throughout the entirety of your treatment plan.

The main goal of any physical therapy program is to relieve pain and get you back to your optimum levels of physical function. Your typical treatment plans will incorporate a series of treatments based on the nature of your condition, aimed at providing relief and recovery.

Depending on your injuries and pain, our treatments are focused on reducing pain. This may include any combination of targeted exercises and stretches, manual therapy, ice and heat therapies, ultrasound, or electrical stimulation.

Your treatment plan will also address strength, flexibility,

and overall mobility to facilitate functional gains that allow the return to daily activities and recreational and work activities.

## Call Today To Set Up An Appointment

If you've been in a car accident, ARC Physical Therapy is here for you. Our advanced holistic methods will help you recover the right way — without harmful risks. We'll be your support system during every step of your treatment plan. Contact us today.



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## FRESH CORN CAKES WITH SUMMER SALSA



### INGREDIENTS

- ¾ cup white whole-wheat flour
- ½ cup plain yellow cornmeal
- 2 tsp baking powder
- ¾ tsp kosher salt
- ½ tsp black pepper
- 1 cup light sour cream
- 2 large eggs
- 2 tsp olive oil
- 1 ¼ cups fresh corn kernels
- 2 tbsp minced jalapeño
- ½ cup diced yellow squash
- ¼ cup chopped green onions
- ¼ cup chopped basil
- 1 ½ tsp white wine vinegar
- 1 medium tomato, chopped

**DIRECTIONS:** Combine flour, cornmeal, baking powder, ½ teaspoon salt, and ¼ teaspoon pepper in a large bowl. Combine sour cream, eggs, and 1 tablespoon oil in a bowl, stirring until smooth. Add sour cream mixture, corn, and jalapeño to flour mixture; stir just until combined. Heat a large nonstick griddle over medium-high heat. Divide corn mixture into 8 equal portions (about ½ cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side. Combine squash, green onions, basil, vinegar, tomato, remaining 1 tablespoon oil, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

<https://www.myrxrecipes.com/recipe/fresh-corn-cakes-summer-salsa>

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## LION STRETCH

Start in tabletop position on a bed or table, with your hands under your shoulders and knees under your hips. Grab the edge of the bed or table with your hands. Slowly drop your hips back toward your heels. Hold for 30 seconds, performing 2 sets of 2 reps.



## THE IMPORTANCE OF REST AND RELAXATION FOR YOUR PHYSICAL HEALTH

Did you know that August 15th is National Relaxation Day? At ARC Physical Therapy, we want to highlight the importance of rest and relaxation for your mental, physical, and emotional well-being. Here are some ways to celebrate National Relaxation Day:

- **Take a Breath:** Deep breathing isn't just calming; it significantly reduces stress and enhances mental clarity. It's a powerful tool for mental, physical, and emotional well-being.
- **Get Some Sleep:** Adequate sleep is more than rest. It's a critical period for muscle recovery and overall health maintenance.
- **Digital Detox:** Unplugging from electronic devices is proven to reduce mental fatigue and boost overall mood.



**This National Relaxation Day, remember that taking time to relax is not just a luxury but a key element in maintaining a balanced, healthy lifestyle!**

## COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.

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