



A Message to Our Local Berks County Physicians:

***When was the last time you prescribed one of your patients a Nonsteroidal Antiinflammatory Drug (NSAID)?***

Why do we ask? Because some of the nation's leading authorities on heart disease say NSAIDs increase the risk of heart attack and stroke in patients who are at risk for heart disease.

In a scientific statement published in *Circulation*, the American Heart Association (AHA) cautioned doctors to change their approach to prescribing pain relievers for patients at risk for heart disease.

Elliott M. Antman, MD, FAHA lead author of the statement advises physicians to start with non-pharmacological treatments such as physical therapy and exercise, weight loss to reduce stress on joints, and heat or cold therapy. Antman recommends that drugs be the last line of treatment for patients with chronic pain with known heart disease or who are at risk. To read this, and many other complete journal articles for free, visit <http://circ.ahajournals.org/>.

There are many types of pain and inflammation that can be reduced by a physical therapist's intervention. Examples include: chronic pain in the back, shoulder, or knee or pain associated with certain degenerative diseases such as osteoarthritis.

In the Reading-Berks Physical Therapy practice, we treat patients with conditions such as spinal injuries, ligament damage, postsurgical problems, work or sports injuries, pelvic floor disorder, vestibular or balance disorders, and neurologic conditions. Many of these patients either currently have heart disease or are at a high risk for developing heart disease.

As physical therapists, we work in collaboration with our patients and their physicians to help manage the patient's health over the long term. We examine each individual and develop a plan of care using treatment techniques that promote the ability to move, reduce pain, restore function, and prevent disability.

One of our physical therapists would be happy to meet with you to explain how physical therapy can help with pain relief. Should you have any questions, or want to speak further, please contact us directly at Reading-Berks Physical Therapy, 1-888-377-RBPT (7278).

Reading-Berks Physical Therapy