Baptist Rehabilitation offers a better, safer way to treat pain

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>
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</thead>
<tbody>
<tr>
<td>✨ Pain</td>
<td>ONLY 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>✨ Side Effects</td>
<td>Depression, overdose, addiction, withdrawal symptoms</td>
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<tr>
<td>Improved mobility and independence, decreased pain</td>
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<tr>
<td>✨ Effectiveness</td>
<td>Inconclusive for long-term pain management</td>
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<tr>
<td>*CDC recommends nonpharmacologic and nonopioid therapy for chronic pain and</td>
<td></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>✨ Total Cost</td>
<td>**NIH reports an annual cost of $115 billion attributed to the opioid</td>
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<tr>
<td>of Care</td>
<td>crisis in the U.S.</td>
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<tr>
<td>Decreases costs and long-term health care utilization including diagnostics,</td>
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<tr>
<td>drugs and surgery</td>
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</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
- Range of motion (ROM) loss
- Tenderness
- Mobility loss
- Postural faults
- Muscle tightness


Changing Health Care for Good®
## 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.

Extended hours are available by location.

Visit [baptistjax.com/rehab](http://baptistjax.com/rehab) for more information.

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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