





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.

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

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

*Errata. Vol. 65, No. RR-1. MMWR Morb Mortal Wkly Rep 2016;65:295. DOI: <http://dx.doi.org/10.15585/mmwr.mm6511a6>.

**Haffajee RL, Frank RG. Making the Opioid Public Health Emergency Effective. JAMA Psychiatry. 2018;75(8):767–768. doi:10.1001/jamapsychiatry.2018.0611



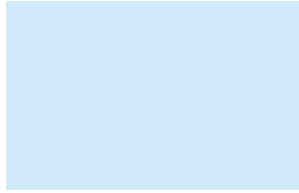
Changing Health Care for Good.®

Locations

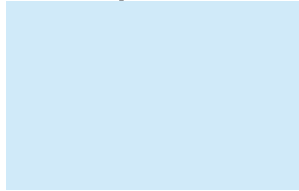
Downtown

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



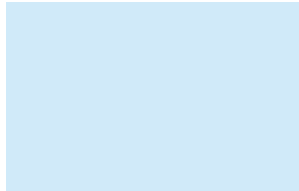
AgeWell Center for
Senior Health
841 Prudential Drive
Suite 180
Jacksonville, FL 32207



Mandarin*

PT only

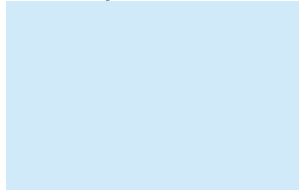
10337 San Jose Boulevard
Suite 102
Jacksonville, FL 32257
904.268.1437
904.268.1658 fax



Westside*

PT only

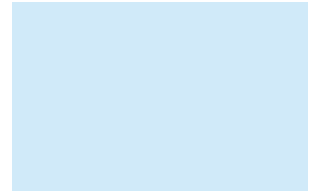
810 Lane Avenue South
Jacksonville, FL 32205
904.378.0685
904.378.3465 fax



South

PT/OT/ST/Massage

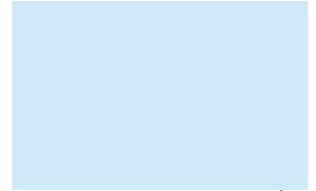
14546 Old St. Augustine Road
Suite 209
Jacksonville, FL 32258
904.271.6575
904.271.6678 fax



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 for more information.

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**