



Ann Steinfeld Physical Therapy Champions Alternatives To Combat Rising Opioid Epidemic

Leading Orange County Physical Therapy Clinic Promotes Holistic Approach to Pain Management

COSTA MESA, CA, June 03, 2016 **/24-7PressRelease/** -- With the alleged prescription drug-related death of Prince, the U.S. is once again forced to examine the staggering statistics that indicate a country in crisis. No longer confined to one particular stereotype, prescription and illicit drug abuse has infiltrated every socio-economic class, affecting every race and age group, from young adults to senior citizens. To help spread the message that conservative, nondrug approaches can effectively manage pain, Ann Steinfeld Physical Therapy - a leading Orange County, Calif. physical therapy practice specializing in sports medicine, orthopedics, geriatrics and neurology - has joined others in the federal, state, local and private sectors to address the prescription drug abuse and heroin epidemic. Advocating for a multidisciplinary clinical approach--including physical therapists serving on the care team alongside physicians and other healthcare providers--Ann Steinfeld, the clinic's founder and CEO, is among a consortium of therapists committed to holistically improving the quality of life for patients with acute and chronic pain.

"There is no doubt that physical therapy as a first-line treatment for chronic pain can be as effective as--and safer than--prescription drug therapy," say Steinfeld who founded her practice in Costa Mesa in 2001. "In response to the alarming rate of opioid abuse, the recently released Centers for Disease Control and Prevention (CDC) guidelines for prescribing opioids delivers a clear message that echoes what we physical therapists have known for decades: there are better, safer ways to treat chronic pain than the use of opioids."

The American Academy of Pain Medicine reports that 100 million Americans suffer from chronic pain, exceeding diabetes, heart disease and cancer conditions combined. According to the CDC, physicians wrote 259 million opioid prescriptions in 2012, which translates to one bottle of pills per American adult. An individualized physical therapy plan, however, aims to reduce a patient's pain and associated disability, improve function, and promote health and well being without the use of drugs. Through a comprehensive evaluation, physical therapists can address chronic pain with a combination of movement exercises, manual therapy, and education about pain science, body alignment and movement, all of which contribute to understanding the underlying cause of pain.

Ann Steinfeld Physical Therapy has made great strides in the advancement of techniques that go beyond rehabilitating athletes and assisting those who have undergone surgery or sustained injuries from an accident. With the capacity to incorporate hands-on manual therapy methods with state-of-the-art equipment, as well as massage therapy, patients of all ages and walks of life not only experience remarkable results but also develop strategies to manage their own long-term health goals. Through individualized comprehensive plans executed by some of Orange County's top therapists who provide the highest caliber of care and focused attention to patient concerns, Ann Steinfeld expedites the healing process with cost-effective and drug-free alternatives to alleviate pain, and imparts long-lasting preventive solutions to ensure optimal health for the present and well into the future.

Addiction to opioids is not a new phenomenon, but it has escalated to new proportions. The number of Americans dying each year from drug overdoses has surpassed that of motor vehicle crashes. More than half of patients prescribed opioids for chronic pain continue to take the painkillers five years later, according to a 2011 study published in the Journal of General Internal Medicine. In fact, a staggering four in five new heroin users started out misusing prescription painkillers, according to a National Center for Health Statistics Data Brief. A key initiative of the APTA and 40 provider groups over the next two years is a collective messaging campaign to reach more than 4 million healthcare providers regarding opioid abuse and appropriate prescribing practices.

For media-related questions, contact Edan Devora, info@annsteinfeldpt.com or call (714) 556-2600.

For more information regarding Ann Steinfeld Physical Therapy, visit: www.annsteinfeldpt.com.

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Ann Steinfeld Physical Therapy is a privately owned outpatient practice in Orange County, Calif. specializing in the evaluation and treatment of physical injuries and disabilities resulting from a wide range of conditions related to sports and athletics, surgical procedures, occupation, repetitive motion and accidents, as well as those specific to age and gender. Ann Steinfeld's highly skilled and trained, licensed physical therapists utilize a broad spectrum of the most advanced physical intervention and rehabilitation techniques to alleviate pain, restore mobility, improve balance and coordination, and increase muscular strength and endurance. Referred to by leading physicians throughout Los Angeles and Orange County, Ann Steinfeld provides a comprehensive team approach to ensure successful patient outcomes, while maintaining the highest quality of exceptional one-to-one care in an energetic, positive and ethical environment. For more information visit: www.annsteinfeldpt.com.

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