Back and neck pain non-opioid pharmaceuticals: the facts.

Back and neck pain put an enormous economic burden on society. Finding an effective long-term solution for every patient is in everyone’s best interest. Many organizations, such as the National Institutes of Health, American College of Physicians, Agency for Healthcare Research and Quality, Center for Disease Control and Prevention and Joint Commission of the Accreditation of Healthcare Organizations recommend starting with non-pharmacological strategies. Before you use pharmacological options, consider the references below.

**NSAIDs** - Non steroidal anti inflammatory drugs are preferred as a first line pharmacologic therapy for acute, subacute and chronic back pain.

**Muscle relaxants** are better than placebo for acute pain but are no better than placebo for chronic pain.

**Duloxetine** (Serotonin/NE reuptake inhibitor) is associated with reduced pain and improved function compared to placebo for chronic back pain.

**Acetaminophen** is no better than placebo for pain, function or risk for serious events with acute back pain.

**“OTC medications are as effective as opioids for both pain control and function for chronic back pain and chronic degenerative joint disease pain in the knee and hip.”**


Questions? Text: #IQuestion or call 1.800.531.0987