

ASK FOR ALTERNATIVES[®]

Talk to your doctor and ask
about safer alternatives to opioids.

- A combination of acetaminophen (Tylenol[®]) and ibuprofen (Advil[®])
- Naproxen (Aleve[®])
- Physical therapy
- Certain medications that are also used for depression and seizures
- Interventional therapies (injections)
- Cognitive behavioral therapy



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