



Introduced Version

**HOUSE
RESOLUTION No. _____**

Introduced by: Frizzell

1 A HOUSE RESOLUTION recognizing the use of physical
2 therapy as a safe alternative to opioids.

3 *Whereas, One in four individuals who receive long-term*
4 *prescription opioids for non-cancer pain in primary care*
5 *settings battle addiction, and 91 Americans die every day from*
6 *an opioid overdose;*

7 *Whereas, Individuals who are addicted to prescription*
8 *opioid painkillers are 40 times more likely to become addicted*
9 *to heroin;*

10 *Whereas, There has been a 200 percent increase in the rate*
11 *of overdose deaths involving opioid pain relievers and heroin*
12 *since 2000;*

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1 *Whereas, Indiana exceeded all but eight states in the number*
2 *of pain prescriptions written per 100 people in 2012, indicating*
3 *there were enough opioid prescriptions for every Hoosier to*
4 *have his or her own bottle of pain pills;*

5 *Whereas, In 2016, opioid pain relievers were responsible for*
6 *the deaths of 488 individuals in Indiana;*

7 *Whereas, The American Physical Therapy Association*
8 *declares physical therapy as a safe and effective alternative for*
9 *the treatment of pain and enhancement of health, well-being,*
10 *and quality of life through movement and education;*

11 *Whereas, The Indiana Chapter of the American Physical*
12 *Therapy Association is participating in the "Choose PT"*
13 *campaign to advocate for physical therapy as an alternative*
14 *treatment to opioid prescriptions for treating chronic pain*
15 *rather than masking the pain;*

16 *Whereas, The "Choose PT" campaign emphasizes the*
17 *importance of a therapeutic alliance with patients to create an*
18 *environment where patients feel heard when describing their*
19 *pain, and also are willing to listen to education and risk factors*
20 *regarding long-term use of opioids and discuss current or*
21 *potential substance abuse behaviors; and*

22 *Whereas, The "Choose PT" campaign identifies resources,*
23 *such as pain profiles, to develop a plan of care to treat patient*
24 *pain and determine realistic functional goals based on patient*
25 *presentation: Therefore,*

26 *Be it resolved by the House of Representatives of the*
27 *General Assembly of the State of Indiana:*

28 SECTION 1. That the Indiana House of Representatives
29 urges physical therapists practicing in the state of Indiana to do
30 their part in creating public awareness of physical therapy's role
31 in reducing the opioid epidemic and the treatment of chronic
32 pain.

33 SECTION 2. That the Principal Clerk of the House of
34 Representatives transmit a copy of this resolution to the Indiana
35 Chapter of the American Physical Therapy Association.

