

Introduction

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Improving mobility and flexibility

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Strengthening muscles

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Reducing dependence on pain medications

Multidisciplinary approaches, including physical therapy, cognitive behavioral therapy, and medication management, are essential for reducing dependence on pain medications. Physical therapy plays a central role in this process by addressing the underlying musculoskeletal and functional issues that contribute to chronic pain.

Conclusion

Chronic pain management is a complex task that requires a comprehensive, patient-centered approach. Physical therapy is a cornerstone of this approach, offering non-pharmacological strategies to reduce pain and improve function. By working in collaboration with other healthcare professionals, physical therapists can help patients achieve long-term relief and reduce their dependence on pain medications. Further research and clinical practice are needed to refine these strategies and improve outcomes for patients with chronic pain.

Acknowledgement

Conflict of Interest

References

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