

PAIN, OPIOIDS AND THE ATHLETE

TREATING PAIN AFTER INJURY

Pain is complex and many things can help reduce pain. The best techniques vary according to conditions but may include: use of cold or heat, physical therapy, massage, relaxation techniques, positive thinking and gentle movement. Additionally, over-the-counter medications and ointments may be helpful. Opioid narcotic medications should be used only rarely.

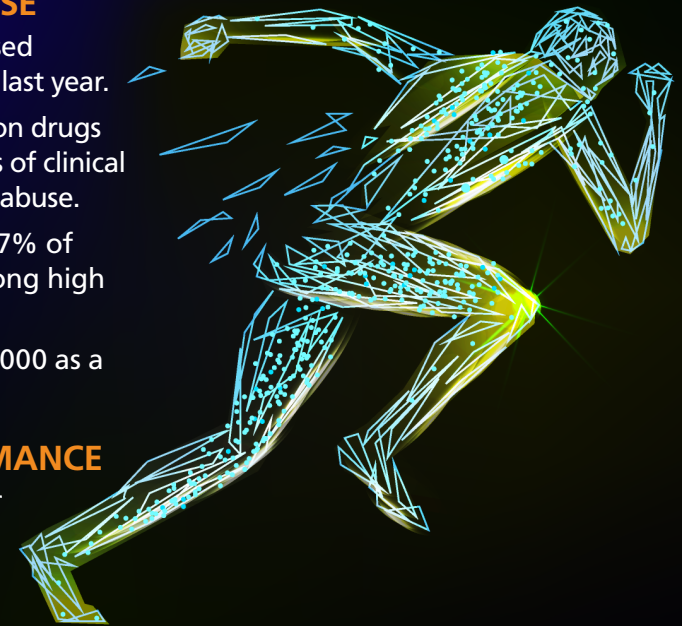
For high school athletes, see your athletic trainer for advice or seek other experts in sports injuries.

THE STATS ON YOUTH OPIOID USE

- About one in nine youths aged 12-25 used prescription drugs non-medically in the last year.
- Of those who began abusing prescription drugs before age 13, about 25% showed signs of clinical addiction, which can lead to illegal drug abuse.
- Prescription medications account for 37% of the most commonly abused drugs among high school seniors.
- Over 500,000 people have died since 2000 as a result of misusing painkillers.

HOW OPIOIDS IMPACT PERFORMANCE

Opioids can cause a reduced or irregular heart rate, trouble breathing, fatigue, balance issues and risk of bone fracture.



SIGNS AND SYMPTOMS OF OPIOID USE AND ABUSE:



BEING VERY TIRED
AND SAD



CHANGES IN
APPETITE



MOOD
SWINGS



CONSTRICTED
"PINPOINT" PUPILS



FLUSHED,
ITCHY SKIN



SLEEPING AT
ODD HOURS

WHAT TO DO IF OVERDOSE IS SUSPECTED:

Symptoms of opioid overdose include severe depression of the respiratory system which can result in death. **If an overdose is suspected CALL 911.** Family members of people using opioids should be trained in use of NarCan (or Naloxone) which can reverse an overdose and save a life.

WHERE TO GET HELP:

For concerns about injury or addiction, contact your doctor. For more information about opioid safety and pain, visit OregonPainGuidance.org

To learn more about Providence Sports Medicine, visit ProvidenceOregon.org/sportsmedicine