

AIM FOR SUCCESS

AFTER AN INJURY

Did you know that some pain medication given for sports injuries can be addictive?

If you're experiencing a sports injury, there are plenty of other non-addictive options that help you heal faster and safer. Have your parent ask your doctor about alternatives to opioids for a healthy recovery today.

GREAT ALTERNATIVES:



Acupuncture



Chiropractic Care



Massage Therapy



Meditation



Over-The-Counter
Medication



Physical Therapy



Stretching



Yoga

KNOW THE STATS ON OPIOIDS

Injuries are a normal part of life for student athletes. But with more exposure to injury, the more likely misuse or addiction can occur. In addition:

- **86% of injection drug users** became addicted to prescription opioids first.
- **70% of people who misuse prescription medications** source it from friends and family.
- **More than ¼ of teens** believe the myth that misusing prescription drugs is safer than using street drugs.
- **2/3 of teens** know that it isn't okay to use prescription drugs that were not prescribed to them to deal with an injury, illness, or physical pain.
- **1 in 4 teens** has misused a prescription drug at least once in their lifetime.

THE WARNING SIGNS

There are some signs to look for in your friends or teammates when it comes to a potential reliance on pain medication.

- Sudden mood changes
- Withdrawing from family, friends, or teammates
- Fatigue and repeated health complaints
- Decreased or obsessive interest in school or work
- Decrease in sports or academic performance
- Increase in frustration

YOUR TEAM HAS YOUR BACK

There are always people in your corner who can help. If you have any questions or concerns about a recent sports injury, talk to the following individuals today.



Parents



Coaches



Physicians



Athletic Trainers



Guidance Counselors



Teachers

ASK
FOR THE
ALTERNATIVES

ONE TEAM, ONE MISSION [ASKFORALTERNATIVES.COM](https://askforalternatives.com)

A PROGRAM OF



Community Overdose Action Team
Working Together To Combat Overdoses and Drug Abuse



Dayton &
Montgomery
County



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