

# Arthritis Pain and Prescription Opioids



Arthritis is a leading cause of chronic pain.



More than **1 in 4** adults with arthritis report **severe** joint pain. (15M people)

Severe joint pain can limit daily functions and seriously reduce quality of life.

## Arthritis Pain and Opioid Prescriptions

Opioid use is common among people with arthritis.

In 2022 8.5 M people in the U.S. reported misuse of prescription pain relievers in the past year.



## How can arthritis pain be managed without opioid prescriptions?



- ✓ Physical activity is an effective pain reliever for arthritis and can reduce pain by up to 40%.
- ✓ Arthritis pain relief from non-opioid medications is similar to opioids. Pain management should include both clinical and behavioral strategies.
- ✓ Join a proven, community-based physical activity program or self-management education workshop (Walk with Ease, PEARLS).

Physical activity is proven to reduce arthritis pain. Try low-impact activities.



Walking



Swimming



Biking



Visit IA Hub

Learn More: [www.CDC.gov/arthritis](http://www.CDC.gov/arthritis)

