

Airrosti : *An Effective Solution to the Opioid Crisis*



After a serious automobile accident in 2016 left Maya Colorado with a concussion and a bulged, herniated lumbar disc, she turned to a heavy dose of prescription and over-the-counter medications to help alleviate the constant pain. “I was taking everything from Advil and Tylenol, to steroids, muscle relaxers and opioids — all to help somewhat manage my pain,” says Colorado.

After months of physical therapy and pain management, she eventually hit a plateau. “I was put on so many restrictions, it was hard for me to function as a human,” she explains. “It was almost impossible for me to care for my patients as an ICU nurse.”

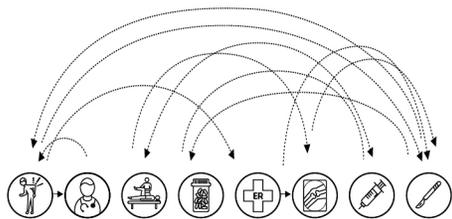
Four months later when she heard about Airrosti, things finally changed for her on her path to recovery.

“In desperate need of answers, I called [Airrosti] to set up an appointment, thinking it would be a few days, even weeks, before they’d be able to see me. I was wrong! I was set up and ready to go the next day,” says Colorado. “With the help of Dr. Bailey Hurt and [Certified Recovery Specialist] Edyta Blaszczyk, I was pain free in just three visits!”

Over 116 million Americans

seek care and relief for musculoskeletal conditions and injuries, making these injuries the costliest and fastest growing expense for employers and health plans.

Unfortunately, there hasn't been an easy solution for patients suffering with these conditions. Those seeking treatment for chronic pain have many options — including Primary Care, Physical Therapy, Chiropractic, Specialists, Pain Management, and even Surgical Care — but no clearly defined path to rapid recovery.



Typically, patients seeking relief from musculoskeletal pain are funneled into a long-term pain management plan, which often includes a reliance on prescription opioids. In fact, the number of prescriptions for opioid pain relievers has increased dramatically in recent years, causing an alarming rise in opioid addiction and opioid-related fatality rates.

Roughly 21% to 29% of patients prescribed opioids for chronic pain misuse them.⁽¹⁾

The Centers for Disease Control and Prevention estimates the total "economic burden" of prescription opioid misuse alone in the United States is **\$78.5 billion a year**. This includes the costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement.⁽²⁾

"Nearly four out of ten people treated for opioid addiction in the

country are covered in an employer plan. As we've been saying, opioid addiction is a problem employers cannot afford to ignore,"

says Beth Umland, Dir. of Research for Mercer's Health and Benefits business.⁽³⁾

The CDC recommends that opioids should not be the first line or only treatment for patients who present with chronic non-cancer pain.⁽⁴⁾ Thus, the question remains on where to go for effective, quality, conservative care for musculoskeletal pain.

The Airrosti Difference

Airrosti, with over 200 practice locations throughout Texas, Virginia, Ohio, Washington, and Illinois, takes a conservative and highly effective direct path approach to treating and resolving these conditions. Airrosti care has been shown to consistently, safely, and efficiently resolve the source of chronic pain and musculoskeletal injuries, helping patients quickly return to work or activity.

Airrosti providers adhere to strict quality clinical guidelines and a focus on evidence-based care. This includes one full hour of one-on-one care with each patient to fully diagnose and manually correct the source of the injury, followed by targeted active care rehab and injury education.

This results in significantly reduced recovery times, high patient satisfaction, and lasting results — typically without the need for imaging or prescription medications.

"I will forever be thankful to [Airrosti] and for my very good friend who suggested them to me. I

am now back on my feet, pain free," adds Colorado.

Progressive companies like, The University of Texas, Blue Cross Blue Shield, Nordstrom, Valero, and The Container Store, have partnered with Airrosti to proactively tackle the rising problem of musculoskeletal injuries before they result in claims, absenteeism, opioid utilization, and procedure utilizations.

Airrosti's robust injury prevention and wellness programs, along with customized benefit design, help steer health plan members to effective, conservative care treatment. They are an alternative to expensive and invasive procedures, or long-term treatment plans that often fail to resolve the condition.

Employers that partner with Airrosti are seeing significant reductions in claims spend, opioid utilization, and absenteeism among their health plan member populations. Meanwhile, their members are reporting unparalleled rates of patient satisfaction and pain relief.

"I never knew Airrosti existed until a friend of mine highly recommended them. I'm sure there are other people out there that haven't heard the great things about Airrosti," said Colorado. **"Since then, I've talked about Airrosti and referred friends and family myself. I want other people to be able to experience what I did. Pain doesn't have to be forever!"**

1. Vowles KE, McEntee ML, Julnes PS, Frohe T, Ney JP, van der Goes DN. Rates of opioid misuse, abuse, and addiction in chronic pain: a systematic review and data synthesis. *Pain*. 2015;156(4):569-576. doi:10.1097/01.j.pain.0000460357.01998.fl.

2. <https://www.drugabuse.gov/about-nida/horas-blog/2016/04/cdc-provides-crucial-new-guidance-opioids-pain>

3. https://www.mercer.us/our-thinking/healthcare/numbers-dont-lie-opioid-addiction-in-employer-health-plan-populations.html?mkt_tok=eyJpIjoiTXpabE56UXI0R1ptTWIWayIsInQiOiJ2WnVPR05QQldjWUx0WWhJaDFkMFR0aU5LakUyemhVUmhDN3R3eENCMDd0TlptVHNOSDhQYzdrdTFENCs0TnFPR25JcW9kdeVDcXN4K3MnXlZbHNSakR4NFJQVdLNiNwNlBEVFMwd2hpcDNOSG5PNWgOUktZdXkxNlRcZlqVUx0K1hFNHdhOHROOVIO NlFMdUJZkSRPT0fQ%3D%3D

4. <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>

Airrosti Rehab Centers (Airrosti), headquartered in San Antonio, Texas is an outcome-based healthcare group of musculoskeletal specialists delivering high quality, patient-centered care through a consistent and evidence-based care pathway. Airrosti providers address one of the highest cost and fastest growing healthcare categories for employers, payors and individuals - musculoskeletal injuries and conditions. Airrosti's focus on rapidly resolving pain and injuries results in consistently exceptional patient reported outcomes and member experience. *As of March 2018, Airrosti has more than 200 practice locations across Texas, Virginia, Ohio, Washington, and Illinois.*

For more information, visit: www.Airrosti.com

[@Airrosti](https://twitter.com/Airrosti)

facebook.com/Airrosti

