

Opioid Education

Massachusetts is in the midst of an opioid epidemic. Athletes in particular, due to their risk of injury and resulting pain, may be at risk for misusing prescription opioids.

Which medications are prescribed Opioids?

Prescription opioids are narcotic pain medications that are prescribed for people with moderate pain, some athletes are prescribed these medications for moderate to severe pain. Some examples are: Vicodin, Codeine, OxyContin, OxyCodone, Percocet, Fentanyl, Daytana Transdermal Patch and Opana.

What are some ways Opioid use and misuse can be prevented?

- The pain from most sports-related injuries can be managed with non-narcotic medications such as acetaminophen, non-steroidal anti-inflammatory medications like ibuprofen, naproxen or aspirin. Read the label carefully and always take the recommended dose, or follow your doctor's instructions. More is not necessarily better when taking over-the-counter pain medications, and it can lead to dangerous side effects
- Ice therapy can be utilized appropriately as an anesthetic, ask the AT Staff
- Always discuss with your doctor what is being prescribed for pain and request to avoid narcotics
- All pain medications should be stored and distributed through the Health Center
- Unused medications should be disposed of immediately upon cessation of use, Concord has a drop off location or use the Health Center.

In some cases student-athlete are prescribed these medications for the pain of sports injuries.

Ways to reduce injury:

Prepare: obtain physical evaluation prior to participation

Conditioning: Maintain a good fitness level during the season and offseason. Utilize a proper warm-up and cool down.

Play Smart: play a variety of sports to avoid overuse injuries.

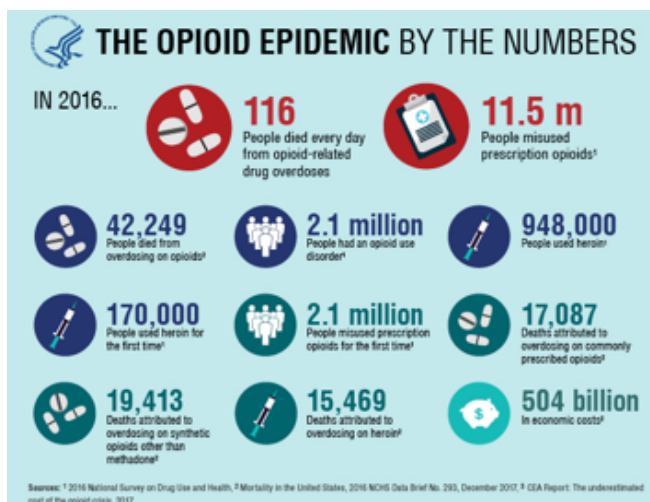
Hydration: Keep the body hydrated to help the heart more easily pump blood to muscles so they work efficiently.

Training: Increase weekly training time, mileage or repetitions no more than 10% per week.

Rest up: take at least one day off per week from organized activity to recover mental and physically. Athletes should take a combined 3 months off per year, this can be in 1-month increments. They should however remain active through alternate low-stress activities such as stretching, yoga or walking.

Proper equipment: wear appropriate and properly fitted

protective equipment. Do not assume that protective gear will prevent all injuries while performing more dangerous or risky activities



Substance Abuse Helpline
(800) 327-5050

<http://helpline-online.com>

Stop Addiction in its Tracks
www.mass.gov/stopaddiction

<http://masstapp.edc.org/rx-student-athlete>