

Abstract**Physical Therapy's Role in a Multidisciplinary Team for Prevention of Comorbidities in Patients with PTSD-Associated Chronic Pain**

Background: A rising number of people who have served in combative roles are being diagnosed with comorbidities secondary to chronic pain and PTSD (post-traumatic stress disorder), contributing to increased mortality. A common practice in physical therapy is to intervene utilizing exercise as a prophylactic measure for pathological comorbidities, such as diabetes, cardiovascular disease, and obesity. **Purpose:** To determine how physical therapists can be part of a multidisciplinary team to prevent comorbidities in order to help patients with PTSD-associated chronic pain. **Methods:** Literature searches mainly consisting of systematic reviews were performed in databases using some keywords such as “PTSD”, “comorbidity”, “physical therapy”, etc. Articles published before the year 2000 were excluded. **Results:** A total of 38 articles were utilized as part of the systematic review. Prior research has demonstrated a strong correlation between traumatic experiences and PTSD, PTSD and chronic pain, PTSD and associated comorbidities, physical therapy for treating comorbidities with similar diseases, and physical activity interventions for PTSD. Numerous forms of exercise have been demonstrated in studies to have a favorable effect on PTSD symptoms in military personnel. These same interventions can potentially be used as a preventative treatment for pathologies that have comorbidities of PTSD-associated chronic pain. **Conclusion:** While several papers detail each specific connection, there is limited data on physical therapy's potential as a prophylactic measure for comorbidities resulting from PTSD and chronic pain. Through commonalities found within the links mentioned above, physical therapists have the ability to preventatively treat comorbidities secondary to chronic pain-associated PTSD.