

# Physical Therapy is Creating Immense Value for the U.S. Healthcare System

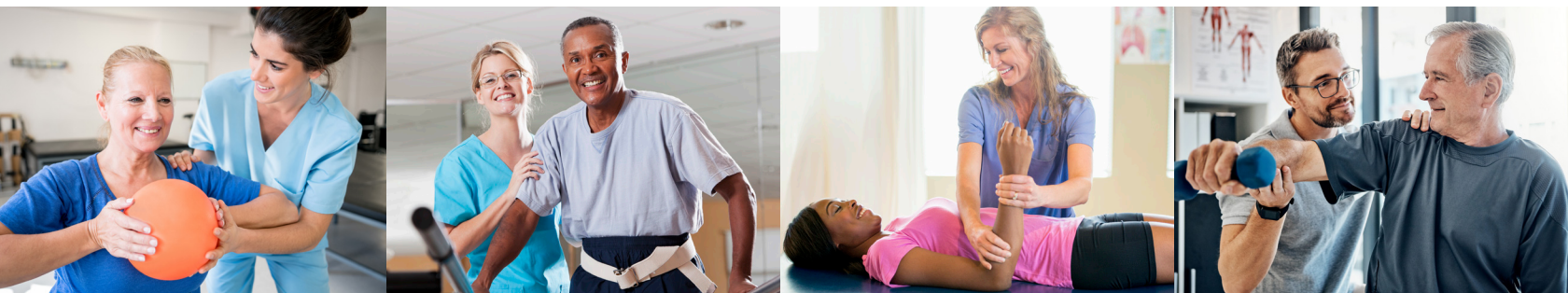


## Physical therapy is an effective, lower cost non-pharmacological alternative to invasive procedures such as surgery and injections.

- Physical therapy results in **lower healthcare costs** due to lower likelihood of receiving opioid prescription medications, epidural injections, follow-up advanced imaging, follow-up physician visits, and other health resource use metrics without compromising patient outcomes.
- In a 2011 report, The Institute for Clinical and Economic Review (ICER) determined that fusion, spinal injections, radiofrequency facet denervation, and Interdisciplinary Rehabilitation Programs (IRPs) are all low-value treatments compared to physical therapy because they command substantially higher cost without major clinical improvements.
- Physical therapy has been shown to be **effective at relieving osteoarthritis patients' knee pain and stiffness**, often replacing the need for invasive surgery.
- Physical therapy as a first management is associated with **lower healthcare utilization and costs** than advanced imaging for patients with lower back pain.

## Physical therapy helps reduce total spending on Medicare Parts A & B.

- Total Medicare A/B spending on average for beneficiaries who receive physical therapy as the first treatment option is **19% less** than total average Medicare A/B spending for beneficiaries who receive injections first and **75% less** than total average spending observed for patients who undergo surgery first.
- Patients with low back pain who utilized multiple physical therapy visits incurred **between 14% and 32% lower average total Medicare A/B spending** in the year following diagnosis than did beneficiaries with one therapy visit.



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