

Physical Therapy Prevents Falls, Cuts Opioid Use, & Reduces Spending

An **important report** from The Moran Company, an HMA Company, found physical therapy is associated with significant reductions in hospitalizations, emergency room visits, and opioid use in the Medicare population when it is utilized after a fall. By helping older Americans stay out of costly sites of service such as inpatient hospitals and emergency rooms, physical therapy leads to a measurable reduction in total healthcare spending.

Helping older Americans avoid falls is essential for improving Medicare beneficiary health and addressing growing healthcare spending.

Falls Among Older Americans are a Dangerous and Costly Problem



52 Million

Falls among older Americans per Year by 2030

CDC



12 Million

Injuries Resulting from Falls per Year by 2030

CDC



\$50 Billion

Annual Costs Associated with Falls

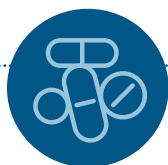
CDC

According to Research by The Moran Company, an HMA Company, Physical Therapy Benefits Older Americans and Taxpayers



50%

Less Likely to Visit the ER or be Hospitalized in 6 Months After a Fall



39%

Less Likely to Use Opioids in 6 Months After a Fall



\$10 Billion

Potential Annual Medicare Savings through Increased Physical Therapy Use