



**October 2023
Newsletter**

TAYLOR
PHYSICAL THERAPY

HAPPY NATIONAL PHYSICAL THERAPY MONTH

October is a time to spotlight the many benefits of physical therapy, celebrate the physical therapy profession, and thank physical therapists and physical therapist assistants for all they do! This year's theme, as lead by the American Physical Therapy Association (APTA), is the "Value of PT". Meaning, we are celebrating how choosing physical therapy not only improves quality of life but could save the health care system millions of dollars annually. As a result, healthcare resources are more readily available for all! Below are a few examples of how choosing physical therapy for common diagnosis helps, based on an evidence-based report by the APTA, "The Economic Value of Physical Therapy in the United States".



FALL PREVENTION

Older adults are at risk for falls which can result in fractures, emergency department visits, and even death.

- **Financial Value of Choosing Physical Therapy:**
 - An average net benefit of \$2,144 compared to not participating in fall prevention programs
- **Additional Patient Benefits:**
 - Improved overall walking function due to increased strength and balance
 - Decreased risk for fractures due to falls

Taylor Physical Therapy

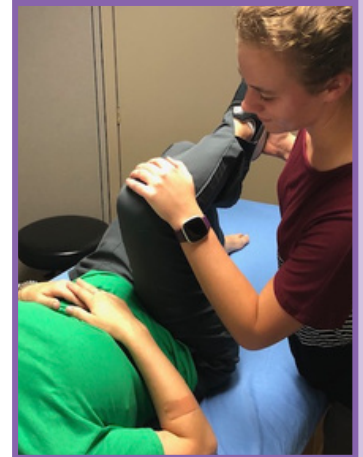
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OSTEOARTHRITIS OF THE KNEE

Pain, limited function, and stiffness are often experienced with osteoarthritis of the knee.

- **Financial Value of Choosing Physical Therapy:**
 - **an average net benefit of \$13,981** compared to steroid injections
- **Additional Patient Benefits:**
 - Improved mobility, balance, strength and flexibility- which lowers the risk of other health conditions and resulting additional treatment and related expenses
 - Downstream cost savings by avoiding invasive steroid injections and surgery (when appropriate)



ACUTE LOW BACK PAIN

Acute low back pain is common for adults and affects a person's quality of life and often requires costly intervention.

- **Financial Value of Choosing Physical Therapy:**
 - **An average net benefit of \$4160** when used to treat acute low back pain
- **Additional Patient Benefits:**
 - Knowledge about what can cause low pain which could prevent future incidences
 - **Pain reduction without the use of prescription pain medication**

STRESS URINARY INCONTINENCE

Physical therapy is a cost-effective treatment option to help patients with stress urinary incontinence, avoid invasive procedures, and lingering side effects.

- **Financial Value of Choosing Physical Therapy:**
 - **An average net benefit of \$10,129** compared to using injections to treat urinary leakage due to stress
- **Additional Patient Benefits:**
 - Avoid the challenges, side effects, and costs of medications
 - Lessens the chance of costs associated with additional health care services



Rehabilitation at Taylor Physical Therapy can add value for the diagnosis above and so much more! Call the clinic nearest you to ask questions, speak with a skilled therapist, or schedule your physical therapy evaluation today!

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