

Physical Therapy: A Hidden Answer to Ease the Opioid Epidemic

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THE ALLIANCE

Employers moving health care forward



**Capitol
Physical
Therapy**

Find the Answer

1. What is Physical Therapy?
2. How should injuries be managed to limit opioid use?
3. What steps can employers and employees take to help?

A physical therapist in a blue polo shirt is assisting a patient lying on their side. The therapist is holding the patient's knee, which appears to be in pain or difficult to move. The patient is wearing a black t-shirt and black pants. The background shows a window with a decorative pattern of leaves and a bird. The text is overlaid on the right side of the image.

If it hurts or
doesn't move
well, we help it
move better.

Old Approach

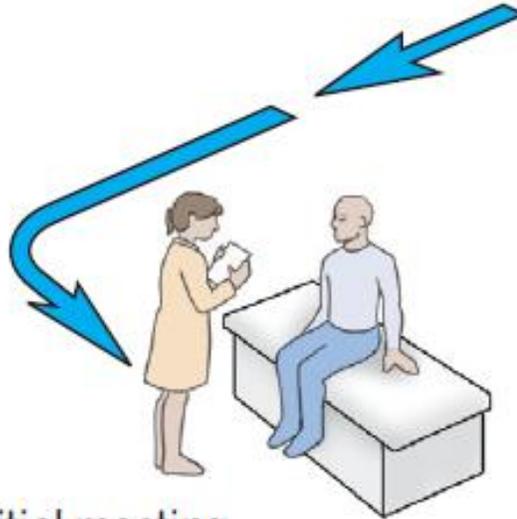
Average cost, \$2100-\$2200

The initial meeting might not happen for up to a month, and then there is no set procedure for treatment



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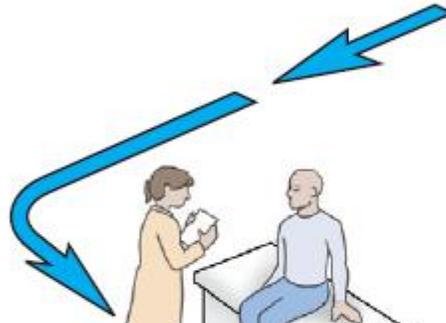


Initial meeting
with doctors

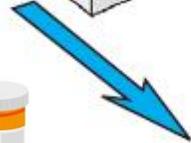
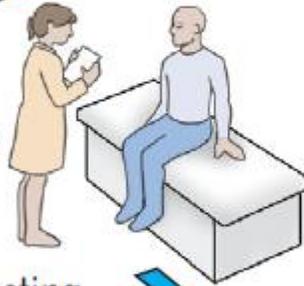


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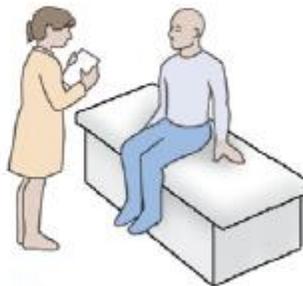
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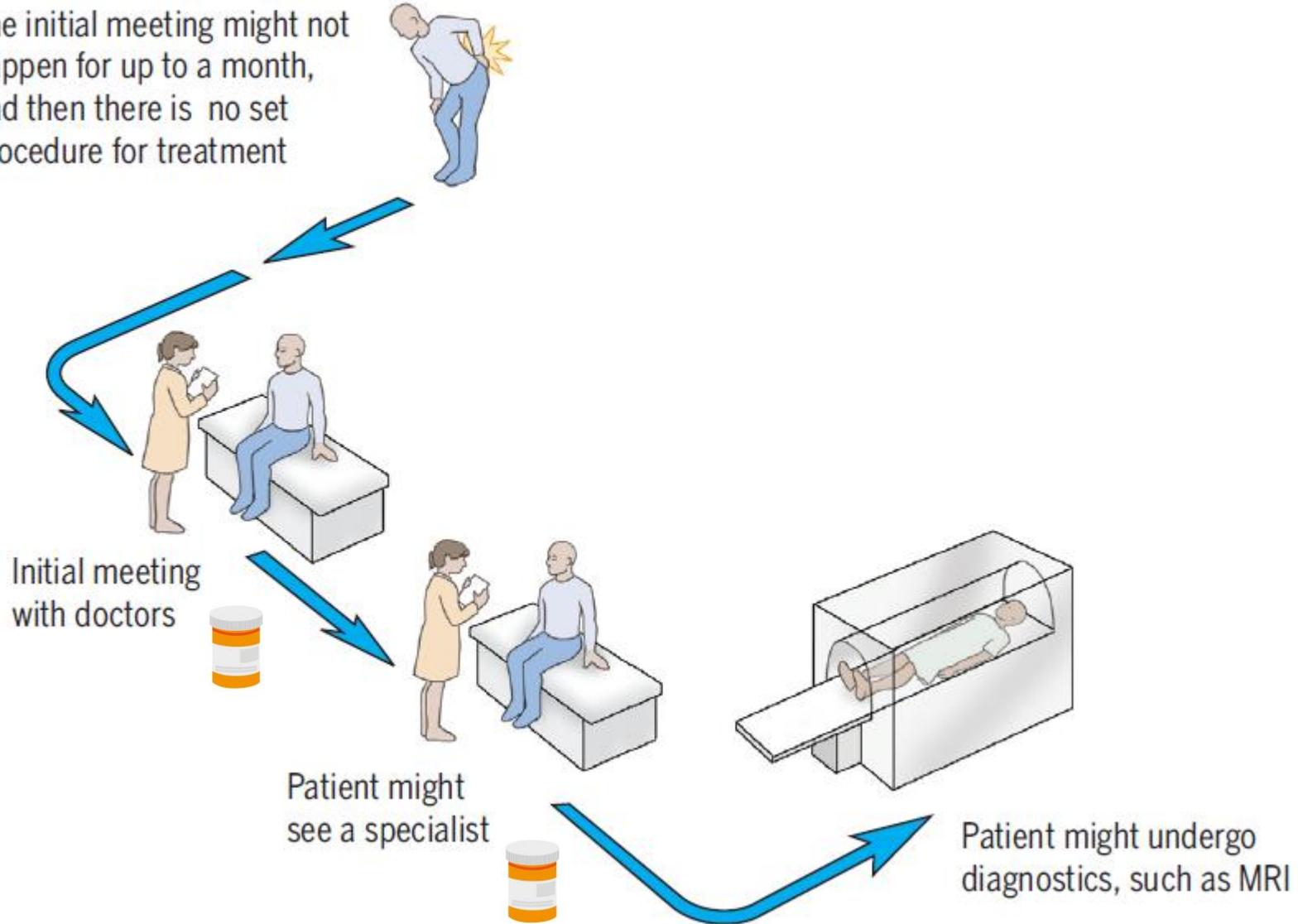


Patient might
see a specialist



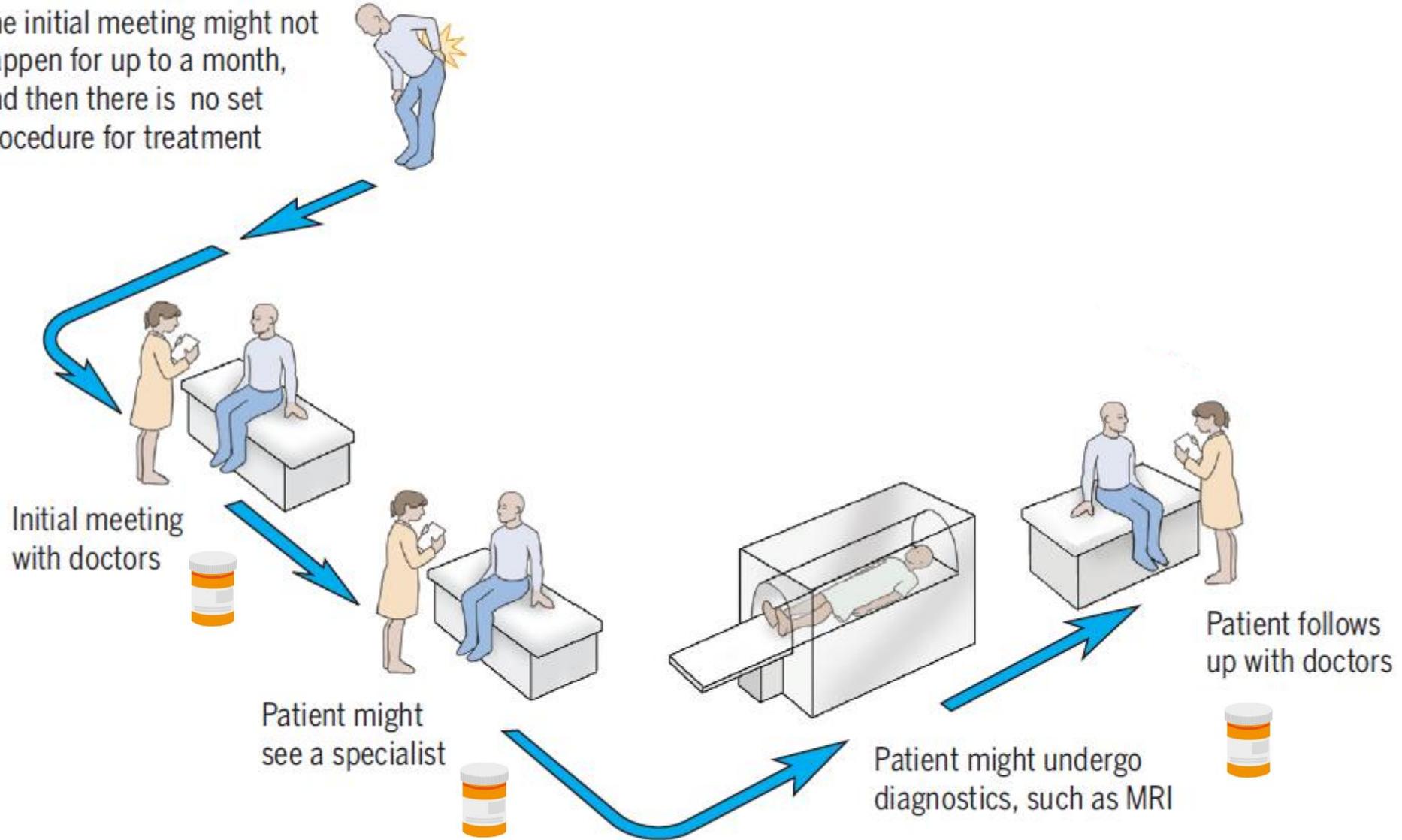
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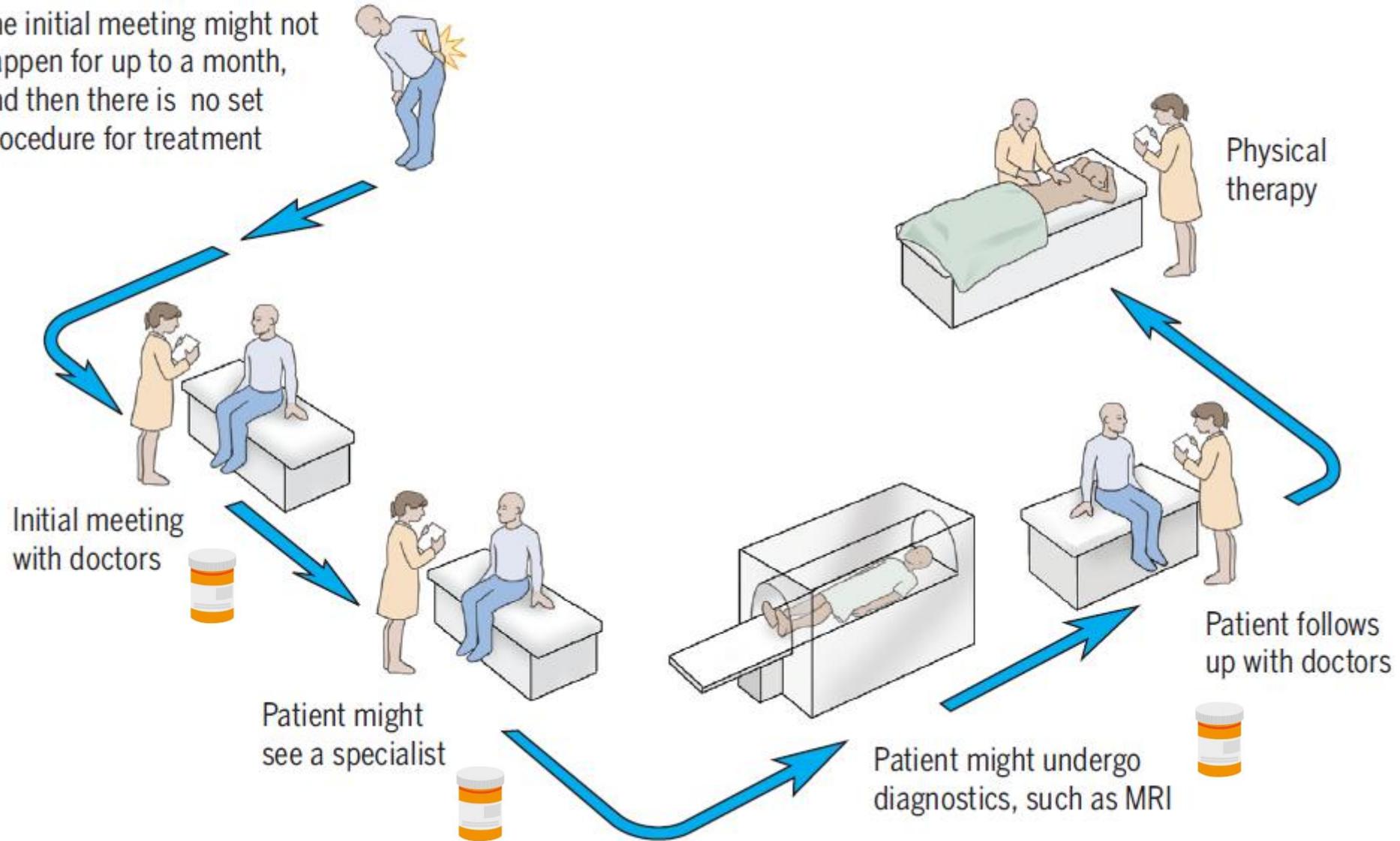
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New Approach
Average cost, \$900-\$1000



Immediately see physical therapist
Initiate evidence-based
conservative program

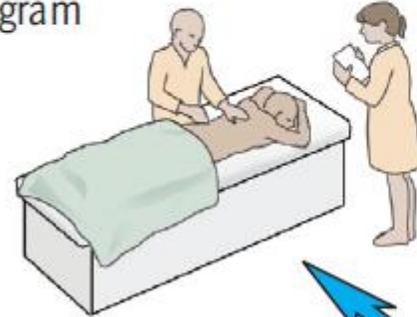


Physical
therapy

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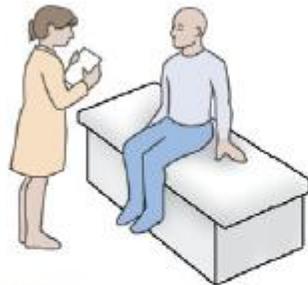


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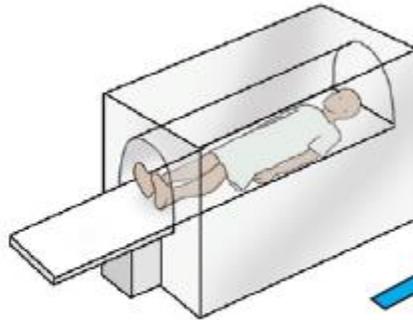


Physical therapy

Patients with complicated back pain are sent for additional treatment



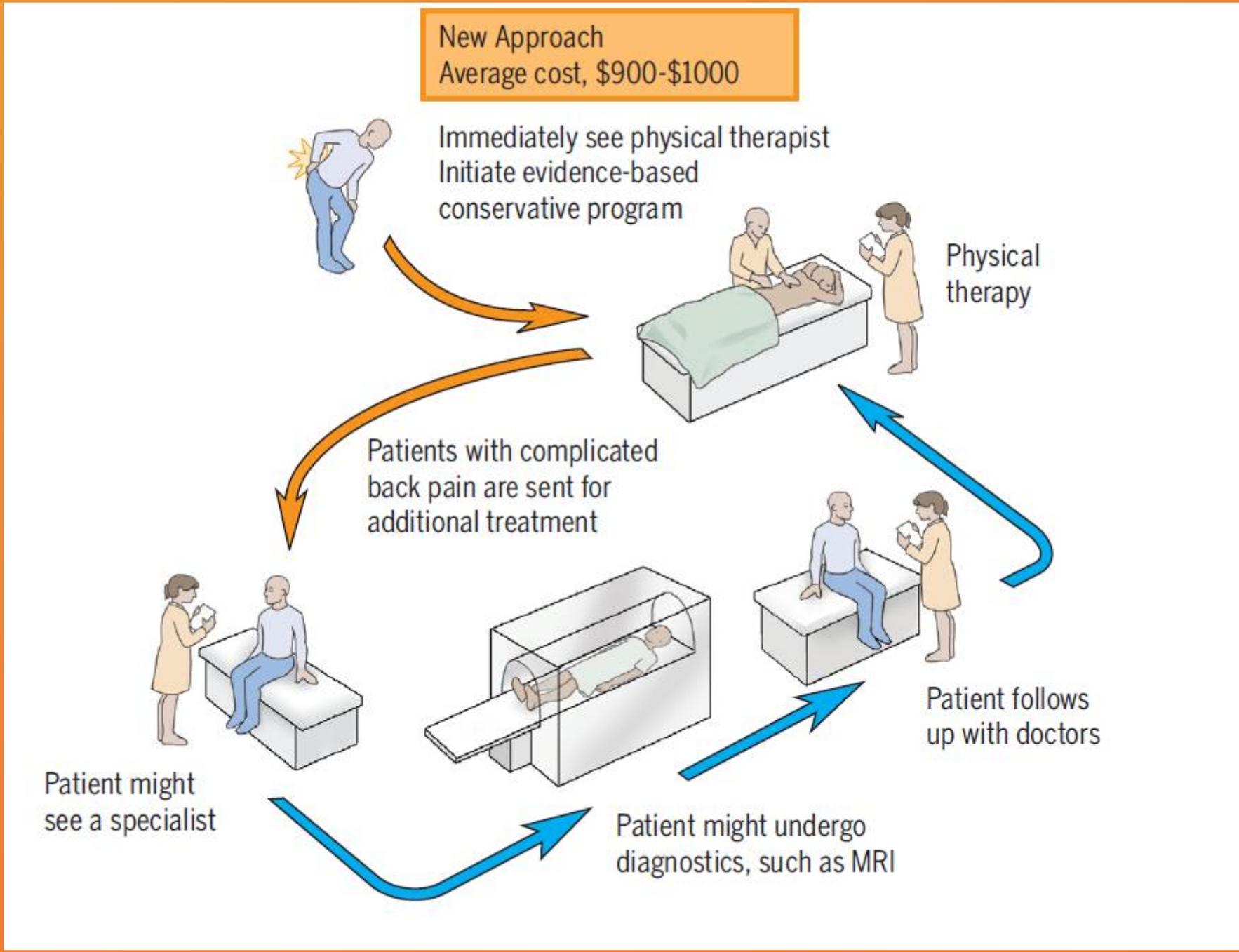
Patient might see a specialist



Patient might undergo diagnostics, such as MRI



Patient follows up with doctors

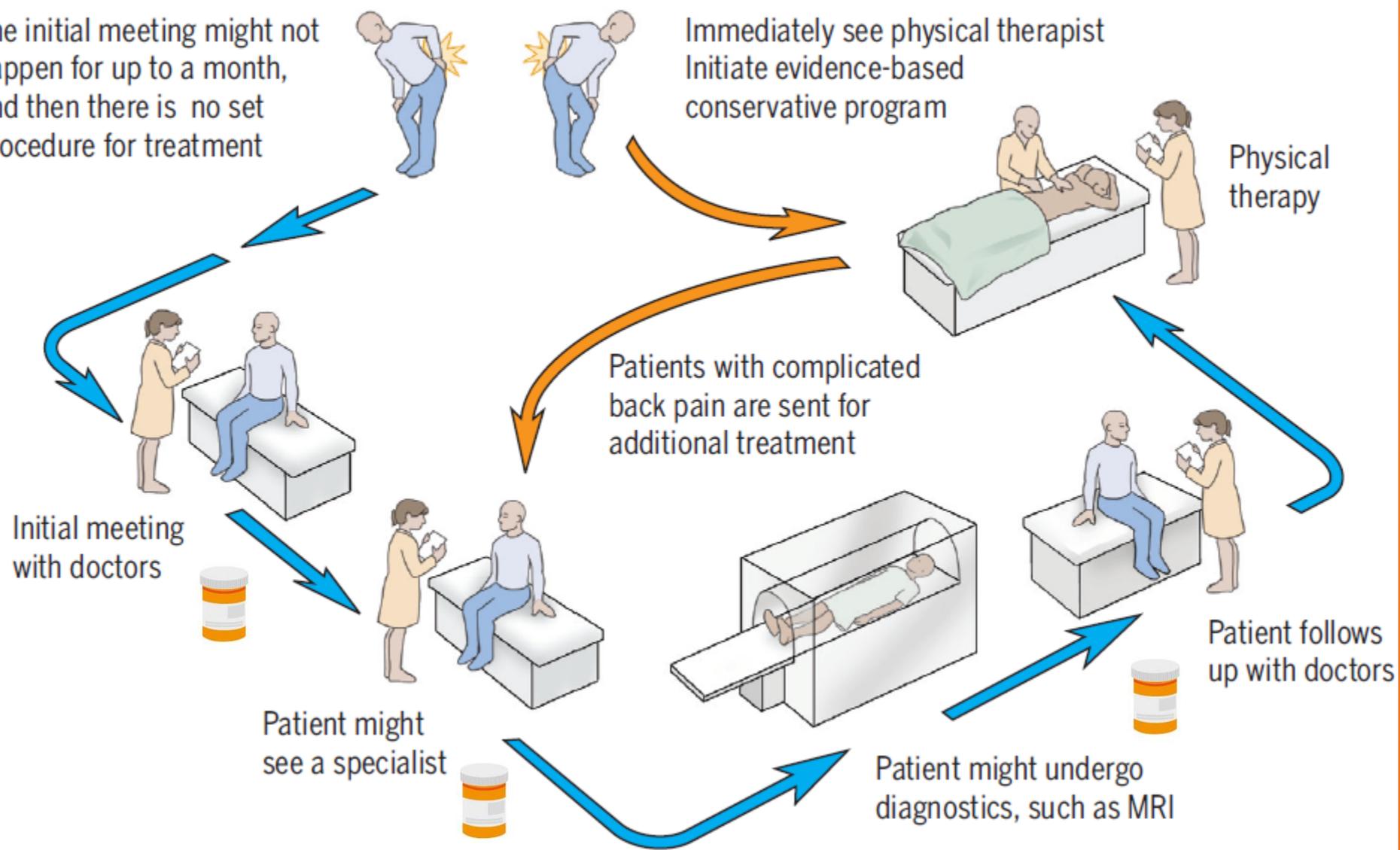


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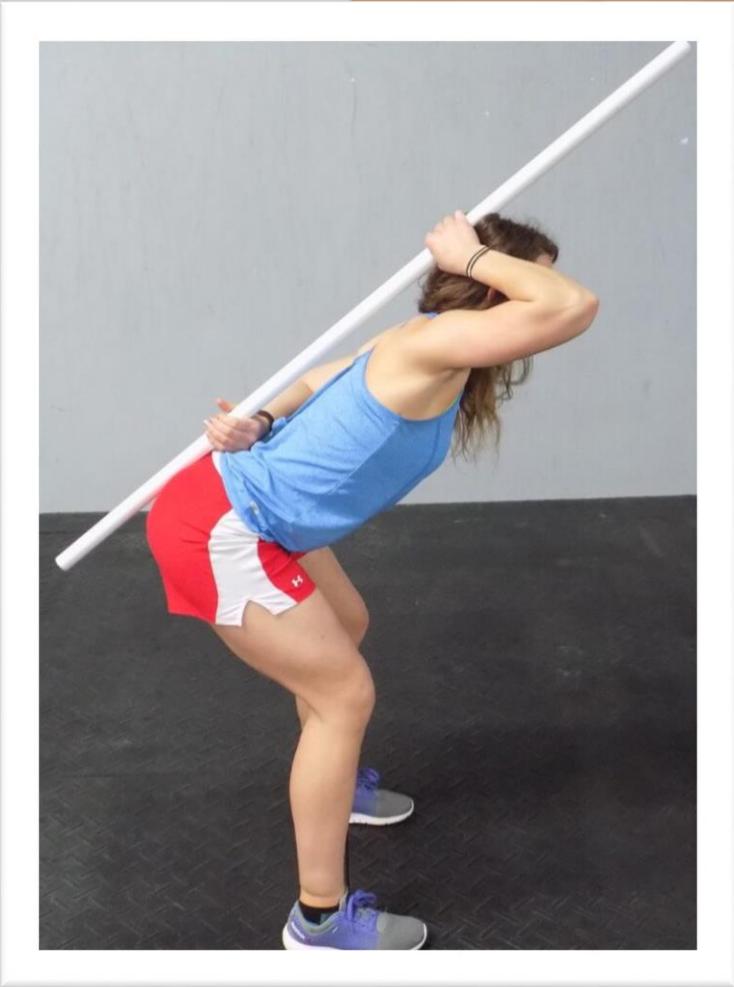
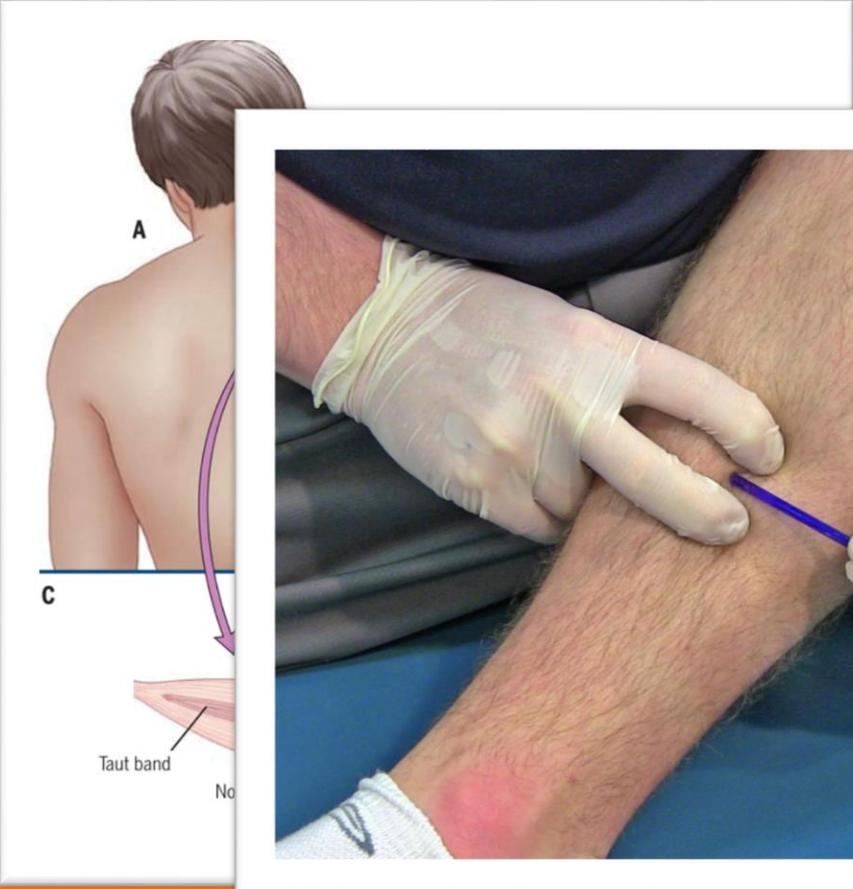


Published May 23, 2018

150,000 insurance claims reviewed

Patients with Low Back Pain

89.4% ↓ IF PT started FIRST





1

pain is an alarm
which is meant to protect you

Alarms want you to do something!



3

pain is more about
sensitivity than damage

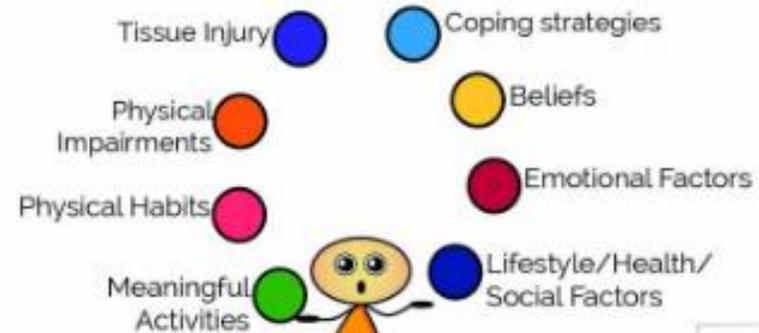
pain is often a poor guide



2

pain is poorly
related to damage

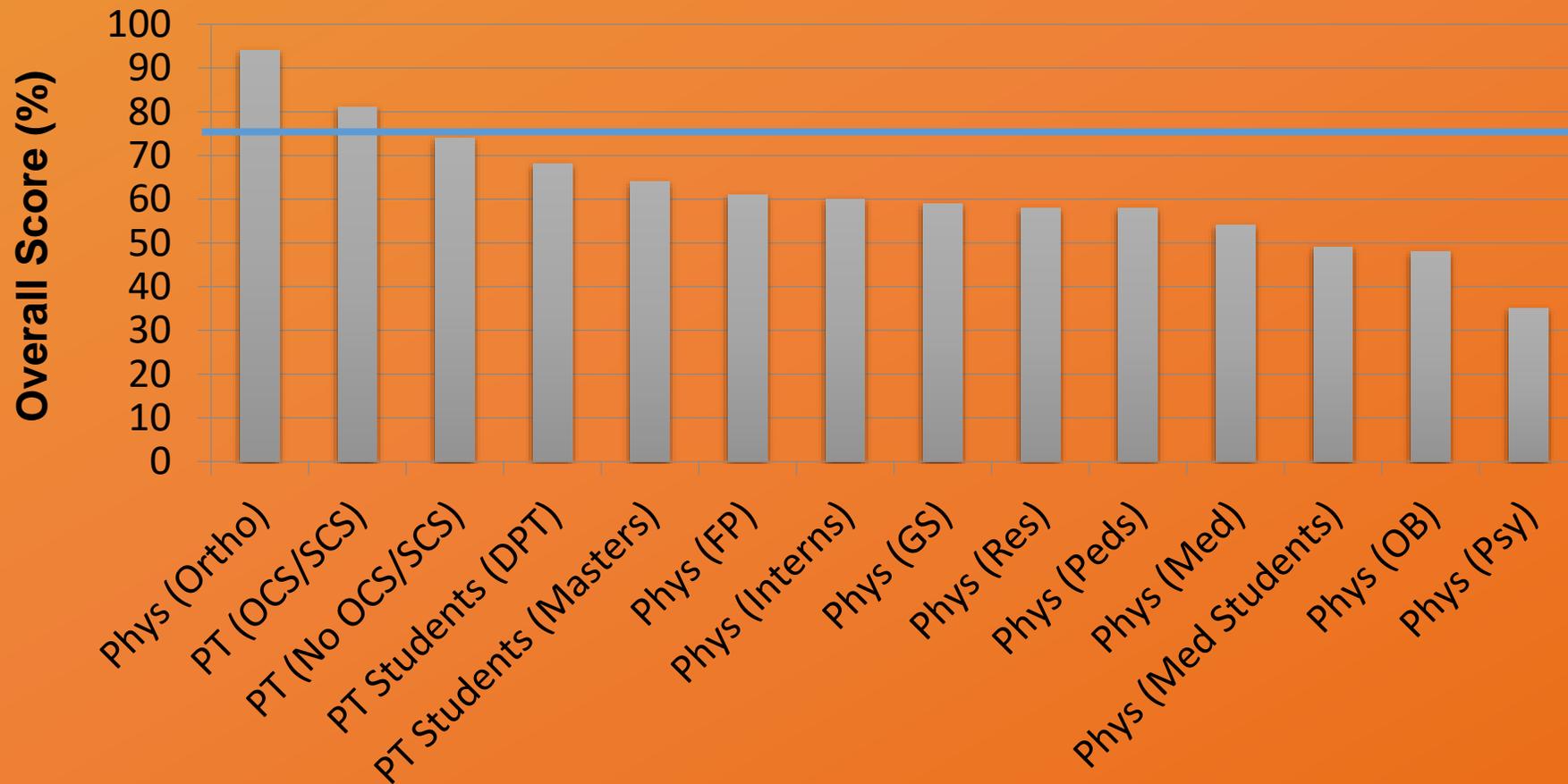
Degeneration is like "wrinkles on the inside"



pain is 4
multidimensional
many factors fill your cup of sensitivity

Research article

A description of physical therapists' knowledge in managing musculoskeletal conditions



— Any score greater than 73.1% was considered a passing score

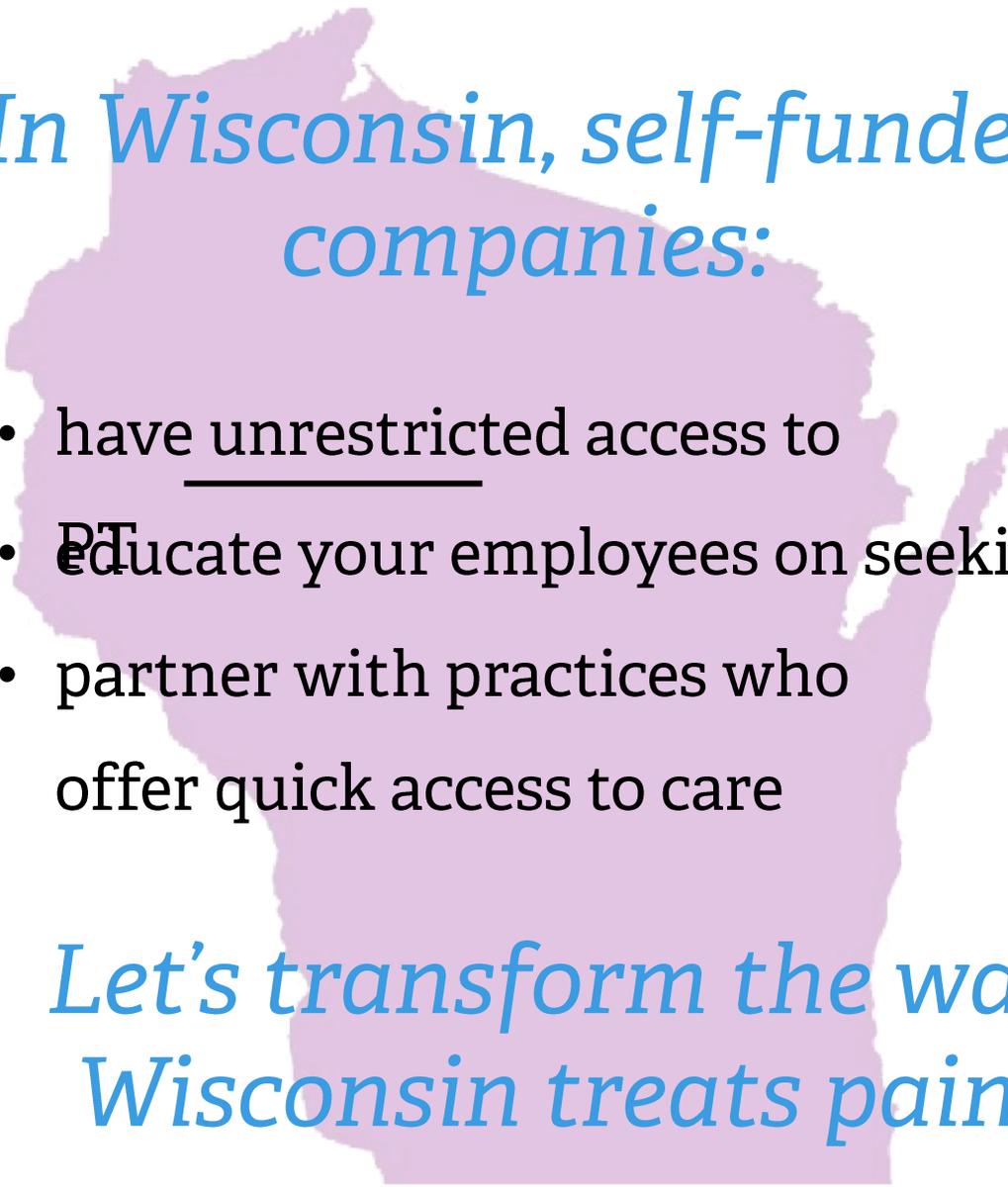
How much is your
company using opioids
for low back pain?





From 1997-2010, of over 170 million patient charts reviewed, only 10% of low back pain patients received a PT referral, while 45% received an opioid prescription

Zheng et al 2017



*In Wisconsin, self-funded
companies:*

- have unrestricted access to
- educate your employees on seeking PT first
- partner with practices who offer quick access to care

*Let's transform the way
Wisconsin treats pain!*

THANK YOU



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Doctor of Physical Therapy
Board Certified Orthopedic Clinical Specialist
Board Certified Women's Health Clinical Specialist*



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Doctor of Physical Therapy
Board Certified Orthopedic Clinical Specialist
Board Certified Sports Clinical Specialist*



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