



Empowering Alabama to live well

46 Other States Understand the Value Physical Therapy Brings to the Healthcare System

SB 25 and HB 50 do not expand the scope of physical therapy.

SB 25 and HB 50 do improve access to physical therapy.

WHY SUPPORT SB 25 AND HB 50?

1.	2.	3.
The bills allow the consumer to directly access PT services, saving time and money for the consumer, while giving them greater control over their own healthcare.	PT services are the most effective alternative to the use of opioids – both physically and economically.	A study by <i>Health Services Research</i> of patients with low back pain found that patients who saw a PT at the first point of care used significantly lower health care resources.

PHYSICAL THERAPY CAN HELP ADDRESS A NEED IN ALABAMA

- Nationwide, 52,404 people died in 2015 from drug overdoses. Of those drug overdose deaths, 33,091 – 63% – involved an opioid, according to the Centers for Disease Control and Prevention (CDC).
- Use of prescribed opioid pain relievers such as OxyContin and Percocet have been especially common in Alabama. In 2012, 1.43 prescriptions were written for opioid pain relievers per person, a rate higher than in any other state, according to the CDC. The national average in 2012 was 0.87 opioid prescriptions per person.
- CDC Guidelines for Prescribing Opioids for Chronic Pain¹ (2016) recommends nonopioid approaches, *including physical therapy*, for the treatment of pain management.

SAFER TREATMENT – BETTER OUTCOMES

<p style="text-align: center;">89% ↓</p> <p style="text-align: center;">Patients who saw a PT at the first point of care had an 89% lower probability of having an opioid prescription compared to patients who either did not see a PT or saw one later.</p>	<p>A May 2018 study by <i>Health Services Research</i>² of patient’s with low back pain found that patients who saw a physical therapist at the first point of care had:</p> <ul style="list-style-type: none"> A 28% lower probability of having any advanced imaging services. A 15% lower chance of having an emergency department visit. Significantly lower out-of-pocket costs.
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¹<https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>

²<https://onlinelibrary.wiley.com/doi/abs/10.1111/1475-6773.12984>



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ABOUT PHYSICAL THERAPY

Physical therapy blends science and movement to teach patients how to prevent or manage a health condition for optimal movement function and help to motivate them during their treatment. Physical therapists examine patients and develop a plan of care using a variety of treatment techniques that help patients move, reduce pain, restore function and prevent disability.

All physical therapists are now required to receive a clinical doctorate from an accredited physical therapist program before taking a national examination. The Alabama State Board of Physical Therapy regulates the practice of physical therapy in the state of Alabama and requires continuing education annually for licensure renewal.

Physical therapists assess and treat mobility dysfunctions in people of all ages, including newborns, children, adolescents, adults and elderly individuals. Physical therapists may delegate some tasks to a physical therapist assistant

Physical Therapists provide care in a variety of settings:

- Hospitals
- Emergency rooms
- Hospital outpatient clinics
- Private practices
- Physician offices
- Work and industrial settings
- Home health agencies
- Skilled nursing facilities
- Assisted living facilities
- Patient homes
- Sports and fitness centers
- Schools

PHYSICAL THERAPY IN ALABAMA

Licensed Physical Therapists: 2,863	Licensed Physical Therapist Assistants: 2,620
Accredited Physical Therapy Programs: 4 <ul style="list-style-type: none"> • Alabama State University • Samford University • The University of Alabama at Birmingham • University of South Alabama 	Accredited Physical Therapist Assistant Programs: 6 <ul style="list-style-type: none"> • Bishop State Community College • Calhoun Community College • George C Wallace Community College • Jefferson State Community College • South University – Montgomery • Wallace State community College - Hanceville
Population of Alabama: 4,874,747	Medicare Beneficiaries in Alabama: 968,010