



# Empowering Alabama to live well

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

<b>1.</b>	<b>2.</b>	<b>3.</b>
<p>Allows the consumer to directly access PT services, saving time and money for the consumer, while giving them greater control over their own healthcare.</p>	<p>PT services are the most effective alternative to the use of opioids – both physically and economically.</p>	<p>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.</p>

## 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 Pain<sup>1</sup> (2016) recommends nonopioid approaches, *including physical therapy*, for the treatment of pain management.

## SAFER TREATMENT – BETTER OUTCOMES

<p style="font-size: 24pt; font-weight: bold;">89% ↓</p> <p style="font-size: 16pt; font-weight: bold;">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><sup>2</sup> 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"> <li>• A 28% lower probability of having any advanced imaging services.</li> <li>• A 15% lower chance of having an emergency department visit.</li> <li>• Significantly lower out-of-pocket costs.</li> </ul>
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<sup>1</sup><https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>

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



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## ABOUT PHYSICAL THERAPY

<p>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.</p>
<p>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.</p>
<p>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</p>
<p>Physical Therapists provide care in a variety of settings:</p> <ul style="list-style-type: none"> <li>• Hospitals</li> <li>• Emergency rooms</li> <li>• Hospital outpatient clinics</li> <li>• Private practices</li> <li>• Physician offices</li> <li>• Work and industrial settings</li> <li>• Home health agencies</li> <li>• Skilled nursing facilities</li> <li>• Assisted living facilities</li> <li>• Patient homes</li> <li>• Sports and fitness centers</li> <li>• Schools</li> </ul>

## PHYSICAL THERAPY IN ALABAMA

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