



NEWSLETTER



PHYSICAL THERAPY: A COST EFFECTIVE SOLUTION FOR YOUR PAIN

Are you concerned with the never-ending increases in your health care costs? Are you frustrated that the only options you are offered are medication or surgery? Physical therapy could be the answer you're searching for!

At Wise Physical Therapy, our physical therapists are musculoskeletal experts and can help you figure out what to do in the most efficient, and cost-effective way.

As with most things in modern medicine, finding the help you need seems to be a game of hurry up and wait. It used to be necessary to go to your primary care doctor first, and they would direct you to the "next" practitioner, which meant waiting a few weeks while suffering in pain.

Fortunately, things are changing. Direct access to physical therapy is more cost-effective, resulting in fewer visits than the physician-first model. And more importantly, you will experience more significant functional improvement in a shorter period of time! You can go directly to your physical therapist without going through multiple steps to get there.

At Wise Physical Therapy, we want to make sure that you spend as little as possible on the care you need. We are more

than happy to discuss any insurance or payment questions you may have.

Contact us today to schedule an appointment and get the relief you deserve!

How Physical Therapy Helps Save You Money

Physical therapists are highly trained in human anatomy and physiology. They're considered the musculoskeletal experts in the medical community. Physical therapists use a variety of techniques to diagnose movement and function problems. A typical evaluation lasts up to one hour in most cases, allowing for a comprehensive assessment of your particular condition.

Physical therapists are trained to treat the entire body; this means they work with:

- Orthopedic conditions (i.e., muscle, joint conditions)
- Neurologic disorders (i.e., stroke, Parkinson's, MS, etc.)
- Developmental disabilities (all ages)
- Cardiac conditions
- Pulmonary problems

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- General wellness (i.e., exercise, nutrition, prevention)

After the assessment, you will be prescribed therapy, become educated about your specific condition, and learn how our physical therapist plans to resolve your problem. We are with you every step of the way to ensure you improve and avoid re-injury long after they leave the office.

One of the best ways that physical therapy can help you save money is by helping you avoid medication-only strategies and surgeries. Studies have shown that starting with physical therapy is less expensive than surgery or injections. And if those treatments are needed, physical therapy is used in conjunction with the results in less overall money spent.

The sooner you seek out physical therapy treatments in the early stages of your condition, the more you'll save. And no matter what route you take, incorporating physical therapy has been shown to help your results and improve your overall health and well-being!

Understanding Insurance Terminology

Insurance terminology can be confusing. Below we've provided some definitions for some standard terms that you can discuss with your insurance provider before scheduling an appointment:

- **Copay:** A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay before receiving a medical service. The amount of each patient's copay is defined by their insurance company and may vary depending on your plan.
- **Deductible:** A deductible is a fixed amount of money that an insured patient must pay out of pocket before the insurance company will pay any medical expenses. Your deductible amount will depend on your insurance company and your particular plan.
- **Coinsurance:** Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a standard coinsurance, in which the insurance company will pay 80% of a medical cost, and the patient will pay the remaining 20%. Each insurance company will have a different coinsurance policy.

What To Expect At Your Visit

Physical therapists are adept at diagnosing a person's functional root problem. Rather than looking at the symptoms (pain, discomfort, stiffness), we look at what is causing the symptoms.



More importantly, we will determine how the symptoms are affecting your function.

Our team will conduct a thorough evaluation to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery and function. As a result, we will perform the right type, frequency, and duration of therapy based on your goals.

Our physical therapists will guide you through a series of exercises designed to help your injury and return you to your pre-injury abilities. We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic exercises designed to restore function and prevent future injuries.

Physical therapy will provide the foundation for success while reducing costs!

Get Started With Physical Therapy Today

At Wise Physical Therapy, we are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how physical therapy is the most cost-effective way to get relief!



CLICK HERE
to make an appointment

Sources: <https://www.apta.org/news/2017/07/26/study-says-cost-savings-of-physical-therapy-for-lbp-are-significant>; <http://www.apta.org/Resources/documents/APTQI-Complete-Study-Initial-Treatment-Intervention-Lumbago-May-2017.pdf>; <https://pubmed.ncbi.nlm.nih.gov/33245117/>

DON'T LET YOUR INSURANCE GO TO WASTE! If you've met your insurance deductible for 2023, your physical therapy costs could be **FREE!** Prioritize your well-being and maximize your insurance benefits!

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OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

October is fast approaching, and with it comes its share of official “national day” designations, including whimsical days like “National Pumpkin Seed Day.” But did you know that the entire month has been dedicated to Physical Therapy?

What Is National PT Month All About?

For almost 40 years, physical therapy has been celebrated by official proclamation. Since 1992, October is the month for honoring PTs and the important role they play in healing people in pain. Social media hashtags like #UsePhysicalTherapy and #ChoosePT have helped spread the word.

Physical Therapy Month allows patients to share their stories about how PT has changed their lives for the better. It also gives physical therapists a forum for spreading the word about the different kinds of treatment. Many people don't realize that aside from specialized exercises that build strength and flexibility, PT also offers pain management through massage, heat and cold applications, and specialized electronic-pulse devices.

What Symptoms and Conditions Does PT Help?

Physical therapy tends to be associated with sports injuries and chronic problems like back pain, surgery recovery and balance issues. Yet, you may not realize it can also help with pain management and easing other symptoms.

Do you have hand pain and stiffness? Physical therapists treat hand, wrist and arm conditions ranging from carpal tunnel, “trigger finger,” tennis elbow and rotator cuff injuries. Other conditions you may not associate with PT are pelvic floor dysfunction, TMJ, cardiopulmonary disease, Parkinson's, and traumatic brain injuries.

Why #ChoosePT?

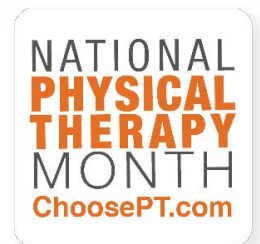
National Physical Therapy Month also focuses on the alternative PT offers over opioids. With opioid abuse at an all-time high — and tragic overdoses on the rise — alternatives to this class of prescription medication are even more important. The National Centers for Disease Control (CDC) estimates that opioid prescriptions

have quadrupled in recent years. Yet, the number of people reporting chronic pain has not gone down.

Of course, many people who have conditions like back injuries or arthritis already understand that physical therapy can increase their range-of-motion. But aside from adding flexibility, physical therapy is a viable way to reduce acute and chronic pain.

Prescriptions certainly have a valid place in pain management, and it's true that physical therapy isn't right for every patient. So how can you tell if physical therapy is a better choice than prescription opioids? The CDC suggests that if you fall into any of these categories, physical therapy can be beneficial:

- Pain comes from fibromyalgia, low back pain, knee arthritis or hip arthritis. These conditions respond well to physical therapy when it comes to pain management.
- The pain has lasted more than 90 days.
- If you've become afraid of the pain. Obviously, nobody welcomes physical discomfort but some people become overly dependent on a pill's ability to remove all aches and twinges. In physical therapy, pain is a way to determine exactly what needs to be worked on, in order to reduce discomfort down the road.



Does an official month really matter, given that physical therapists are out there making a difference every day? Yes! If you or a loved one has been on the fence about giving PT a chance, the many stories you're likely to hear during this month of public awareness may help you to decide.

If you have any questions about whether you should #UsePhysicalTherapy, call our office today to discuss your condition and to set up an evaluation.

Sources: <https://www.moveforwardpt.com/ChoosePT/Toolkit>; <https://www.moveforwardpt.com/choose-physical-therapy-over-opioids-for-pain-management-choosept>; <https://www.moveforwardpt.com/Resources/Detail/physical-therapy-vs-opioids-when-to-choose-physica>; <https://www.medicalnewstoday.com/articles/160645.php>; <https://nationaldaycalendar.com/national-physical-therapy-month-october/>

WE WANT TO HEAR YOUR SUCCESS STORY!



“Our Mission is Movement!”



1200 Airport Heights Drive
Suite 170 (Building E)
Anchorage, AK 99508-0031

(833) 552-1483

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