



TEXAS PHYSICAL THERAPY  
SPECIALISTS

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## **American Heart Association Prescribes Physical Therapy First**

SAN ANTONIO, TX (March 7, 2007) - The American Heart Association (AHA) recommends doctors change their approach to prescribing pain relievers for patients with or at risk for heart disease. In a scientific statement published Feb. 27, 2007 in *Circulation: Journal of the American Heart Association*, the heart specialists instead prescribe physical therapy first.

"We believe that some physicians have been prescribing the new COX-2 inhibitors as the first line of treatment. We are turning that around and saying that, for chronic pain in patients with known heart disease or who are at risk for heart disease, these drugs should be the last line of treatment," said Elliott M. Antman, M.D., FAHA, lead author of the American Heart Association scientific statement and professor of medicine at Harvard Medical School and Brigham and Women's Hospital.

"We advise physicians to start with non-pharmacologic treatments such as physical therapy and exercise, weight loss to reduce stress on joints, and heat or cold therapy. If the non-pharmacologic approach does not provide enough pain relief or control of symptoms, we recommend a stepped-care approach when it comes to prescribing drugs."

This prescription from the AHA comes as no surprise to a growing number of patients now reaping the benefits of drug-free and surgery-free physical therapy.

"This recommendation comes as no surprise to physical therapists," said Dr. Robert S. Wainner, Vice-President of Clinical Excellence of Texas Physical Therapy Specialists.

"Research has repeatedly shown the value of early physical therapy for patients with musculoskeletal conditions. We are glad to see that the AHA's recommendations of physical therapy as a safe and effective alternative to drugs are consistent with these findings. It only makes sense to see your physical therapist before trying drugs and surgery." To read the AHA's scientific statement online, go to:

<http://www.americanheart.org/presenter.jhtml?identifier=3045689>.

For more information about how a physical therapist can help alleviate pain, minimize the use of prescription drugs and expensive diagnostic imaging, and prevent painful and costly surgery, visit [www.TexPTS.com](http://www.TexPTS.com).

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### **About Texas Physical Therapy Specialists:**

Texas Physical Therapy Specialists (TexPTS) is a privately owned, multi-site physical and occupational therapy practice in the greater San Antonio and Austin regions. Founded in 2004, their mission is to deliver the highest quality, evidence-based physical therapy management to patients with unquestionable ethics, unparalleled quality, superior service, and at the best value. Their physical therapists utilize manual physical therapy and therapeutic exercise based on the newest research to achieve the best results in fewer visits. TexPTS serves the Greater South-Central Texas area with locations in San Antonio, Bulverde, Selma, New Braunfels, San Marcos, and Austin (Westgate, Bee Caves, Balcones Woods, Capital Hand, and Pflugerville). To learn more about us and our evidence-based approach to care, visit our website at [www.TexPTS.com](http://www.TexPTS.com) or give us a call at (888) 658-8483. Remember...we make doing business

with us easy and treat everybody as family!