



TEXAS PHYSICAL THERAPY
SPECIALISTS

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TexPTS Urges For Reform To Increase Access To Physical Therapy Services Following Results Of Pilot On Musculoskeletal Conditions

SAN ANTONIO, TX (September 25, 2009) – In the wake of a report showing that patients with musculoskeletal conditions who receive physical therapy and other "physical medicine" services are less likely to have surgery, incur lower costs, and fare better than patients who do not receive such services, Texas Physical Therapy Specialists (TexPTS) is urging its patients to ask Congress to include policies in health care reform that increase access to physical therapy services.

The Wellmark Blue Cross and Blue Shield 2008 pilot program, a quality improvement program conducted in Iowa and South Dakota, collected data from 238 physical therapists and other physical medicine providers such as occupational therapists and chiropractors who provided care to 5,500 Wellmark members with musculoskeletal disorders.

The data showed that 89% of the Wellmark members treated in the pilot reported a greater than 30% improvement in 30 days. In addition, Wellmark claims data for members who received care from physical therapists or chiropractors was compared with data for a member population with similar demographics (including health) who did not receive such services. The comparison showed that those who received physical therapy or chiropractic care were less likely to have surgery and experienced lower total health care costs.

"This pilot program shows how physical therapy can be a solution in health care reform to lower costs, especially for individuals with musculoskeletal impairments," said Dr. Robert Wainner, PT, PhD, Vice-President of Clinical Excellence of TexPTS. Wainner added, "Improving access to high quality, cost-effective physical therapy services should be a priority for Congressional leaders as they debate health care reform. The Wellmark pilot offers policymakers continued support for innovative care delivery models that provide high-quality care at reduced costs." TexPTS staff will be participating in a Capitol Hill Day sponsored by the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) on October 14-15 to advance health care reform that increases access to services provided by physical therapists to improve health care quality and reduce costs.

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 or give us a call at (888) 658-8483. Remember...we make doing business with us easy and treat everybody as family! You can also contact the American Physical Therapy Association (www.apta.org), a national organization representing physical therapists whose goal is to foster advancements in physical therapist practice, education, and research. To learn more about what a physical therapist can do for you, go to <http://www.moveforwardpt.com>.

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Texas Physical Therapy Specialists

Texas Physical Therapy Specialists (TexPTS) is a privately owned, multi-site physical and occupational therapy practice. Founded in 2004, we deliver the highest quality, evidence-based

physical therapy management to patients with unquestionable ethics, unparalleled quality, superior service, and at the best value. Our 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 South Central Texas region with multiple locations in San Antonio (Selma, Blossom, Bulverde), New Braunfels, San Marcos, and Austin (Westgate, Bee Caves, Balcones Woods, Pflugerville, & Central Park). To learn more about TexPTS and our evidence-based approach to care, visit our website at www.TexPTS.com or give us a call at (888) 658-8483. We make doing business with us easy and treat everybody as family!