

# Apple THERAPY SERVICES

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We thank you for your continued support of Apple Therapy Services. This month we would like to highlight the benefits of referring your patients to physical therapy as soon as possible. These benefits are seen in positive patient outcomes leading to significant cost savings for the patient. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT



## *Apple Therapy/ESPN Scholar Athlete for January*

Apple Therapy is proud to support and sponsor the ESPN NH Scholar Athletes. We look for the most unique, talented, and skilled high school senior student-athletes to be honored monthly for their achievements. Travers Brito, a senior at Nashua North High School, and Dena Nosieux, a senior at Merrimack High School, have been named the Apple Therapy Student Athletes of the Month for January. Brito is a member of the Titans' ski team, has a 3.62 GPA, and is involved with several volunteer and internship programs. Nosieux was a standout soccer player for the Tomahawks, and is a member of DECA and the National Honor Society.

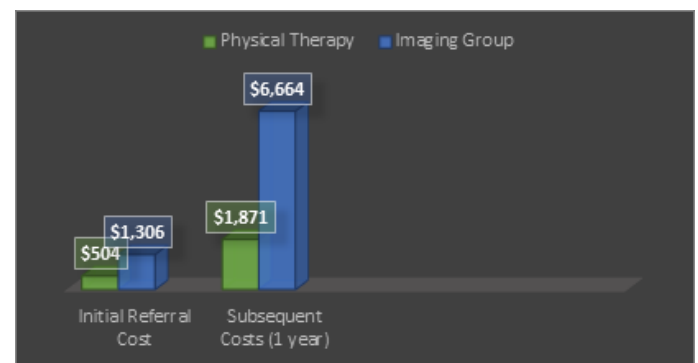
## *Benefits of early physical therapy for your patients*

Overall when dealing with an injury there are two schools of thought "assess/advise/treat" or "assess/advise/wait". A 2004 study in *Spine* researched these two treatment models to compare early intervention verses late intervention in patients with low back pain. "At 6 weeks, the assess/advise/treat group demonstrated greater improvements in disability, mood, general health, and quality of life than the patients in the assess/advise/wait group."

Early intervention again proved beneficial when Zigenfus et al. investigated early physical therapy intervention and its effect on treatment outcomes. The outcomes measured were physician visits, case duration, duration of restricted work, and days away from work. The study concluded that physician visits, case duration and restricted work days were all less in the early intervention group (first two days of injury) while days away from work were the longest in the delayed treatment group (8-187 days post injury).

## *Cost savings of early physical therapy for your patients*

In addition to positive outcomes, early physical therapy can lead to significant cost savings for the patient. A recent study in the journal *Health Services Research* by Fritz et al. analyzed patients who consulted with their primary care with uncomplicated low back pain. The research concluded that physical therapy was the less costly approach initially, and nearly 72% lower over the next year. "Initial referral for physical therapy cost \$504 on average for 3.8 visits compared with an average of \$1,306 for magnetic resonance imaging." The subsequent costs were also significantly different with the physical therapy group averaging \$1,871 over the first year compared to the imaging group of \$6,664.



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