



CHESTERTON  
**PHYSICAL  
THERAPY, INC.**  
*Great Health Through Great Physical Therapy!*

OCTOBER 2022

# OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

## "How Physical Therapy Can Keep Your Cost Down"



The American Association  
for Accreditation of Ambulatory  
Surgery Facilities accreditation programs

helps facilities demonstrate a strong commitment to patient  
safety, standardize quality, maintain fiscal responsibility, promote  
services to patients and collaborate with other health care leaders.

Offer  
Below!

Save Cost

Costs Down

Recipe



## If You Like a Good Bargain, You're Going to LOVE Physical Therapy.

It's no secret that prices have been going up. Gas is expensive. Food is expensive. The housing market is crazy. If you're looking for ways to pinch some pennies or stretch your dollars, physical therapy might be just what you're looking for.

## Physical Therapy Saves Cost

A study that looked at the claims data of 472,000 Medicare beneficiaries with back pain found that when PT was the first treatment, costs were 19% lower than when people got injections first and 75% lower than for people who were sent straight to surgery. The study also found that in the year following diagnosis, people who got PT first had costs 18% lower than those who got injections, and 54% lower than those in the surgery group.

Another example happened in 2006 when Virginia Mason Health Center in Seattle teamed up with Aetna and Starbucks. They sent workers with back pain to see both a physical therapist and physician for their first treatment. Use of MRI dropped by 1/3, people got better faster, missed less work and were more satisfied with their care. The cost savings was so great that Virginia Mason was losing money on treating back pain, so Aetna ended up paying them more for PT treatments because they were saving so much money.

## PT First Means Fewer Visits...



Money isn't the only thing that physical therapy can save, though. A paper published in Physical Therapy looked at outcomes when patients went to a PT first vs. seeing a physician first for back pain. It found that patients who went to their physician first needed 33 PT visits on average, while those who went to their PT first only needed 20. Seeing a PT first saves money, but it also conserves another valuable resource - time.

## It Also Means Better Outcomes

A study of 150,000 insurance claims published in Health Services Research, found that those who saw a physical therapist at the first point of care had an 89 percent lower probability of receiving an opioid prescription, a 28 percent lower probability of having advanced imaging services, and a 15 percent lower probability of an emergency department visit. High quality research consistently shows that taking advantage of direct access and getting to your physical therapist quickly leads to better outcomes in fewer visits with lower costs. We think that's a deal worth taking advantage of.



## With Prices on The Rise, Physical Therapists Help Keep Costs Down.

Healthcare, like most other things these days, isn't known for being cheap. Healthcare costs have been rising for years. But even in this environment, there are still bargains to be had - like [physical therapy](#).

People who get a PT early also tend to have better outcomes. A study of 150,000 insurance claims published in Health Services Research found that those who saw a physical therapist at the first point of care had an 89 percent lower probability of receiving an opioid prescription, a 28 percent lower probability of having advanced imaging services, and a 15 percent lower probability of an emergency department visit.

When It comes to healthcare, cost is always a major consideration. Fortunately, [Chesterton Physical Therapy](#) can help you to keep your cost down. By helping our patients recover from injuries and improve their overall physical health, we can also help them to avoid the need of more expensive medical interventions. In addition we can help our patients manage chronic conditions that may otherwise require costly medications or surgery. As a result, we provide a cost-effective way to maintain pain-free life without the need for more costly medical care.

*Testimonial We Earned...!!*



Shout out to all the therapist and assistants for getting my shoulder back on track. My shoulder has been hurting for a few years now and I have not been able to work out like I used to. After being referred to Chesterton Physical therapy by a handful of good friends they worked with me on a treatment plan that set me up for success. After just 6 weeks of my 8-week sessions I am feeling better, have regained range of motion, and am back to being a busy mom of 2 very active boys and regular workouts. Thank you so much to all the amazing staff, who constantly keep you laughing and make you feel very welcome. I would say, I can't wait to come back, but you know....

- Michelle

## ACTIVITIES of this month..!!



**LIMITED OFFER**

## Book Your Free Consultation..!!

This National Physical Therapy Month, Chesterton Physical Therapy is Offering a 30 Min Free Consultation. You Can Come And Discuss Your Concerns With One of Our Best Physical Therapist At No Cost Or Obligation!

## Book Your Free Consultation

### Try This Oriental Cabbage Salad



#### Ingredients

- 1 # Shredded Cabbage
- 1 Cup Sunflower Kernels
- 1 Cup Sliced Almonds
- 3 or 4 Sliced Green Onions
- 2 Pkg Chicken Ramen Noodles - Crumbled

Toss all above ingredients together

#### Direction

Dressing:  
1 Cup Oil (Any combo of Salad Oil/Olive Oil)  
1/2 cup Sugar  
1/3 Cup Vinegar  
3 Seasoning Packs from the ramen noodles  
Beat well, then toss with salad mix and let set overnight.

If You Know Someone Who May Benefit from our Style of Physical Therapy, Please Pass Along This Newsletter or Click The Text "Refer a Friend Below!"

Refer-A-Friend!

### Our 3 Convenient Location

#### CHESTERTON

425 Sand Creek Dr. N #C  
Chesterton, IN 46304  
P: (219) 926-9779

#### MICHIGAN CITY

320 Dunes Plaza  
Michigan City, IN 46360  
P: (219) 898-4360

#### PORTAGE

3190 Willowcreek Rd Suite A  
Portage, IN 46368  
P: (219) 682-2990

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