



# WHERE TO START

*When you have low back pain*

Don't Delay. For patients with a first episode of low back pain (LBP), getting to physical therapy early can be the key to significantly reduced health care costs.

Researchers analyzed 122,723 patients who went to a primary care physician following an initial low back pain episode and received physical therapy within 90 days. Of these, 24% received early physical therapy (within 14 days) that adhered to guidelines for active treatment. During a 2-year time period, these patients made significantly less use of advanced imaging, lumbar spinal injections, lumbar spine surgery, and opioids than did patients in other combinations of timing and adherence.



Early physical therapy patients also had 60% lower low back pain related costs as compared to 33.5% of patients who had delayed and adherent physical therapy (between 14 and 90 days).

Physical therapy is a great starting point of care for your low back pain occurrence and can have significant positive implications. Receiving physical therapy treatment that adheres to proven practice guidelines even furthers that benefit.

Initial management following a new episode of low back pain can have profound implications for health care utilization and costs. Given the enormous burden of excessive and unnecessary treatment for patients with low back pain, cost savings from physical therapy at the beginning of care has important implications for single-payer health care systems.

*BMC Health Services Research, 2015; 15 (1) DOI: 10.1186/s12913-015-0830-3*

## Experience Matters!

*Trust in certified specialists to achieve more effective clinical outcomes.*

When it comes to physical therapists, not all are created equal. Specialty certification (OCS) lets employers, patients and our community know that a particular physical therapist (PT) possesses advanced clinical knowledge, competence, and skills in orthopedic treatment. Board-certified therapists truly stand out, considering fewer than 10 percent of the roughly 63,000 members of the American Physical Therapy Association (APTA) have obtained this advanced credential.

Therapists who receive this clinical distinction have completed a minimum of 2,000 hours of direct patient care in the area of orthopedics and successfully completed a rigorous 7 hour written examination.

### Meet CACC Certified Orthopedic Specialists



Kevin Gabrych, Orthopedic Clinical Specialist (OCS)



Molly Broe, Orthopedic Clinical Specialist (OCS)

*Check out all of our highly skilled therapists at [cacc-pt.com](http://cacc-pt.com)*

## What Patients Are Saying

**CAROL B.** My therapists at CACC were extremely helpful and knowledgeable in treating and teaching me ways to stop my back pain and regain my balance. This is truly a great facility for rehab.

Thanks CACC



**FREE  
20 Min.  
Appointment**

**"The Greatest Compliment We Can Receive  
Is You Referring Your Family and Friends To Us"**

**"Care to Share" with Your  
Family & Friends**