



Stop waiting for the Doctor just to get a referral.

Direct Access and the Benefits of Physical Therapy



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Have you ever received an injury or woken up with a pain in your back, hips, legs, or shoulders? Your first thought was probably “I need to call my doctor and see if I can get in the office for a visit today.”

So you call them, and you’re disappointed to hear there are no available openings for you to be seen for another week. This means another week of attempting to self-medicate, another week of sleepless nights and discomfort. This is typically the case in many situations of chronic pain, but it doesn’t have to be!

Did you know that you don’t need to have a referral from your primary care provider to see a physical therapist at Therapy Works? It’s true, thanks to direct access laws in our state.

If you require physical therapy for a chronic condition or injury, call our clinic today to learn more about how you can get started on your journey towards a pain-free life. In the meantime, keep reading to learn more about direct access legislation, and the benefits of physical therapy for improved health and wellness.

WHAT IS DIRECT ACCESS?

Direct Access allows you to be in control of your healthcare and the speed at which you’re able to receive it. Direct access laws allow patients to receive an evaluation and

treatment from a physical therapist without a physician’s referral. This means less time and money spent trying to find a solution to your pain and discomfort.

Kansas is one of 28 states that allow direct access to physical therapy. Their website outlines the requirements for a physical therapy clinic to treat direct access patients, stating:

- “The PT must refer a patient to the patient’s licensed healthcare provider if the patient has not made measurable or functional improvement 30 days after starting therapy treatment.
- If the patient is making measurable progress and improving, the 30-day limit does not apply.

The 30-day provision also does not apply to:

- Treatment provided for complaints related to chronic neuromuscular or developmental conditions for patients previously diagnosed with such a condition.
- Health promotion, wellness, fitness, or health maintenance services.
- Services provided to patients who are, under federal law, participating in programs involving an education or family service plan.” (WebPT)

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This also results in quicker access to healthcare that is more effective and long-lasting than prescription medications. The faster you get in to see a physical therapist for assessment and treatment, the sooner you can begin your journey to feeling better. Not to mention, it'll save you loads of money in the long run, and it will also help you to get back to living a normal, active lifestyle much faster!

WHY CHOOSE PHYSICAL THERAPY?

Now that you're up to speed on the benefits of direct access, you should also understand the benefits of physical therapy and what it can do for your overall health!

Physical therapy is a safe, healthy, and effective way to combat a variety of acute and chronic pain conditions -- all without the use of harmful and addictive pain medication. A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity.

Physical therapists know exactly how to pinpoint your problem areas and create a customized treatment plan aimed at improving or relieving your pain condition. They can also teach you how to prevent future injuries from occurring, which is an added bonus if you're an athlete or enjoy playing physically demanding sports.



Has Your Pain Come Back? Come Back to PT!

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.

(785) 749-1300

Some of the most common conditions a physical therapist at TherapyWorks can help treat:

- Ankle and wrist sprains or strains
- Arthritis
- Carpal Tunnel Syndrome
- Back pain and herniated discs
- Hip pain
- Neck pain
- Joint pain
- Lymphedema
- Neck pain
- Shoulder pain
- Knee pain
- Headaches
- Sciatica

TherapyWorks physical therapists help patients strengthen their muscles and joints, improve their range of motion, prevent injury improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

LEARN MORE ABOUT THE BENEFITS OF DIRECT ACCESS

TherapyWorks is here to provide support to you every step of your recovery journey. Our success depends upon your success, and we strive to create a warm, welcoming environment where you can heal safely and comfortably.

Call our clinic to learn more about direct access and to schedule an appointment with one of our skilled and attentive therapists. We're here to help you reach your feel better and reach your goals.

<https://www.webpt.com/downloads/the-pts-guide-to-direct-access-law-in-all-50-states/>

Exercise Essentials

DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down. Repeat 5 to 6 times. This is a good stretch for your lower back



www.therapyworkskansas.com

BACKPACK SAFETY



BACKPACK STRATEGIES FOR PARENTS AND STUDENTS

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

Loading the Backpack

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

Wearing the Backpack

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child

to lean to one side, curving the spine and causing pain or discomfort.

- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.
- Only put items in your backpack that you need for the day.

Patient Success Spotlight



"Supportive, caring, friendly, fun staff who answered questions, encouraged, laughed, and challenged. Thank you!" - Donna

GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!



Scan the QR code to go to our Google Review page.

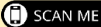
OCTOBER VIRTUAL WORKSHOP



BACK PAIN

October 6 at 6:30 pm & October 18 at 6:00 pm

Scan the QR code or call us today register for this free workshop.



FACEBOOK LIVE INTERVIEW EVENTS

Wednesday, October 13 at 4:30 pm Britani Baxter, PTA will talk about Neck Pain

Wednesday, October 27 at 4:30 pm James Quinn, DPT will answer Physical Therapy FAQ's for PT month

Checkout our Facebook page for more details
www.facebook.com/TherapyWorksKS/

Start Feeling Better Today! Call Us At (785) 749-1300 Or Visit Us Online At www.therapyworkskansas.com