

Be Your Own Advocate

You don't need a referral for PT. This is called direct access. Although access varies by state, you can arrange a physical therapy evaluation with the PT of your choice. Verifying that a specific PT participates in your insurance plan prior to attendance is recommended.

R_x PRESCRIPTION

NAME Warrior, Weekend AGE All
ADDRESS Anywhereville, Utah DATE Today

*Go directly to Physical
Therapy*

No referral needed.

Dr. Utah Legislator, MD

LABEL
REFILL 0 1 2 4 5 

Health

Check out
opt4pt.com
for more
information:

- Statistics and Resources
- Videos
- Patient Perspectives
- Helpful Tips
- Blog Entries About Current Issues
- A Link to Find a Physical Therapist in Your Area

www.opt4pt.com

www.apta.org

STAPLE BUSINESS CARD HERE

#opt4pt

Utah Physical Therapy Association

Opt to:

- **Manage Pain**
- **Save Money**
- **Move Better**
- **Be Your Own Advocate**

Look inside for
ideas and
information about
physical therapy
and why it's right
for you.

Brought to you by the Utah
Physical Therapy Association

Manage Pain

The CDC recommends non-drug interventions such as physical therapy for the treatment of chronic pain. The risks associated with prescription pain killer use, including addiction, can be avoided with use of safe alternatives such as physical therapy.

#OPT4PT FOR A SAFER WAY TO MANAGE PAIN



Save Money

Seeing a Physical Therapist for back pain in less than 14 days from onset can save you over \$2,500.



Physical therapy is just as effective and cheaper than surgery for many musculoskeletal conditions.

Low back pain (LBP) is one of the most common health conditions encountered throughout our country. It is the second most common reason people go to see their doctor. It is estimated that as a country we spend over \$100 billion per year on the treatment of LBP.

But studies have shown that seeking physical therapy rather than an MRI can save an average of \$4,793.

Move Better

Physical therapists are movement experts who can identify, diagnose, and treat movement problems. Maintaining pain free movement is not only important for quality of life but for work performance, participating in sports, and remaining independent as we age.



Bulging disc, herniated disc, degenerative disc disease, etc. are present in lots of people without back pain and increase with age. Many of these are likely part of NORMAL aging and UNASSOCIATED with pain. See a Physical Therapist and get to the root of your back pain.