1 PHYSICAL THERAPY BASICS: PRIMARY CARE AND PHYSICAL THERAPY
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2 PRIMARY CARE AND THE ROLE OF THE PHYSICAL THERAPIST
- 25% Primary Care complaints/visits are musculoskeletal issues
- Physical therapists provide patient/client management in primary care through the processes of screening, examination, evaluation, diagnosis, prognosis, intervention, education, prevention, coordination of care, and referral to other providers to prevent, remediate, decrease, or slow the progression of impairments, activity limitations, and participation restrictions, and lessen the impact of environmental barriers, and optimize cost-effective clinical outcomes.

3 Referral Process

4 Common Problems between PCP and Physical Therapy Referrals
- Poor communication
- Insufficient PCP knowledge about PT
- Unclear indication for referral
- Questions about the efficacy of PT intervention

5 Benefits of Early PT Utilization
- Improve care and management of acute or chronic musculoskeletal injuries
- Quicker recovery and return to functional capacity or recreational activity
- Decreased waiting times
- Convenience
- Decrease medication use
- Improved communication and reduced visits/pressure of orthopedic visits
- Patient education and prevention
- Cost Reduction to patient

6 Orthopedic Physical Therapy
- Diagnose, manage and treat disorders and injuries of the musculoskeletal system
- Post op Rehab for orthopedic surgery
- Sports injury prevention and treatments
- OA management
  Fall prevention
Techniques Utilized
- Joint Mobilization
- Specific strength and stretching programs
- Specialty equipment: Biodex, GameReady
- Modalities: ES/US, Hot/Cold packs, Traction, Iontophorisis
- Neuromuscular re-ed, biofeedback
- Gait training and DME education
- Functional Movement Screens

Orthopedic Specialty PT Clinic Rehab and Performance

Referral Process
- RX with frequency and duration
- General diagnosis
- Diagnostic tests
- Insurance info

All visits are preauthorized for coverage, but 95% with RX are non auth required

Thank you
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References
14 Common Orthopedic Diagnosis to be Referred
- Knee
  - Patellar
tendonitis
  - PFPS (tracking problems)
  - instability
  - ITB tendonitis
  - OA

15 Common Orthopedic Diagnosis to be Referred
- Shoulder
  - Impingement syndrome
  - RTC tendonitis, tear
  - Biceps tendonitis
  - Instability
  - Adhesive Capsulitis

16 Common Orthopedic Diagnosis to be Referred
- Elbow
  - Little league elbow
  - med/lat epicondylitis
  - Arthrofibrosis

17 Common Orthopedic Diagnosis to be Referred
- Hip
  - Trochanteric bursitis
  - FAI
  - Sprains/Strains
  - OA

18 Common Orthopedic Diagnosis to be Referred
- Ankle
  - Inversion sprains acute or chronic
  - Achilles tendonitis/osis
  - Post. tib tendonitis/osis
  - Plantar fascitis

19 Common Orthopedic Diagnosis to be Referred
- Spine
  - sprain/strain
  - headaches
- sprain/strain
- headaches
- disc pathology with or w/out radicular symptoms
- stenosis
- piriformis syndrome

20 Injury Prevention Programs
- Baseball: Throwers program
- Basketball, Soccer: Proprioceptive programs, ACL prevention
- Golf Program: Titleist Performance
- Running program: Running video analysis
- Functional Movement Screens
- Biomechanical Evaluation: Dartfish
- Return to sports testing

21 Functional Movement Screen

22 Fall Prevention Programs
- Health Care Reform and Prevention
- Balance assessment

23 Running Evaluation
- Video analysis with dart fish
- FMS
- Arch/Shoe evaluation
- General musculoskeletal evaluation
- Exercise program

24 Return to Sport Testing
- Biodex Isokinetic Evaluation
- Functional Movement Screen
- Hop tests
- General musculoskeletal evaluation