

Care Redesign Spine Health Project:

Provider Informational Module “Tip Sheet”



Physical Therapy

Overview

Physical therapy has been well studied and recognized as a first line option for treatment and prevention of lower back and neck pain. Early utilization of physical therapy services has been found to help decrease healthcare costs, while also improving long term outcomes of care. The one-on-one focus of treatment, along with utilization of evidence-based interventions, can help to improve patients function to get them back to activities that they once enjoyed.

How We Can Help

Physical therapists utilize various approaches to assist patients in their recovery from lower back and neck pain. A primary area of focus of physical therapy is to optimize patient function through therapeutic exercise and education on the nature and course of treatment. In addition, Physical Therapists are trained in the utilization of additional treatments, including spinal manipulation/mobilization, soft tissue mobilization, and dry needling.

Duke Health Physical Therapists utilize a one-on-one based treatment approach that puts the patient at the center of treatment. Therapists at Duke Health have also been extensively trained in utilization of Cognitive Behavioral Therapy to help patients through coping skills and mindfulness-based pain reduction strategies to help those suffering from persistent pain symptoms.

What is the Cost?

- The cost for physical therapy is variable based on the patient’s insurance provider. All insurance providers cover physical therapy services to a certain degree. Some insurance providers *do not* have a co-pay requirement, while other may.
- Patients can discuss co-pay amount requirements with a Duke Health Financial Care Counselor to help understand their insurance plan’s coverage options for physical therapy.



Refer a Patient

- No referral is necessary for physical therapy services as physical therapy is considered a direct access provider. However, some Insurance Carriers do require a Referral for Authorization Purposes
- A Referral can be completed In MaestroCare/Duke MedLink by ordering the “AMB Referral to Physical Therapy” or by calling the Duke Health Physical Therapy Scheduling Center at **919-684-2445**.
- There are numerous physical therapy clinics throughout Duke Health that offer convenient locations for patients. Some of the clinic locations are open early, late and on the weekend for ease of access.

Please send questions or concerns to SpineHealth-Info@duke.edu.