

Physical Therapy

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Healthy Worker 2020: Physical Medicine

Physical Medicine

- PT, OT, and chiropractic

Analysis

- What is the current status?
- Are there areas that need improvement?

Next steps

- How would improvements be implemented?



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Summary of PT analysis for back sprains

PT and medical costs

- total PT and medical costs
- trends over time

Detailed analysis of PT for back sprains

- % with PT
- # PT visits
- timing between injury and first PT
- % active versus passive



STATE FUND MEDICAL AND PT COSTS: BACK SPRAINS



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Yearly trends in PT costs

Back sprain claims

Year	Number of accepted claims	Total medical costs in 1 st year	Total PT costs in 1 st year
2005	17,054	\$51,251,588	\$6,798,544
2006	17,278	\$54,475,811	\$6,880,912
2007	17,269	\$56,487,315	\$7,003,503
2008	16,857	\$63,557,755	\$7,556,978
2009	13,709	\$56,190,814	\$6,697,844
2010	12,640	\$51,594,251	\$6,409,832
2011	12,039	\$46,936,576	\$6,035,671
2012	11,984	\$46,560,551	\$6,203,765



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Proportion of medical costs from PT in 1st year

Back sprain claims

Year	avg 1st yr medical costs	avg 1st yr PT	proportion PT (PT/med1st year)
2005	\$3,005	\$399	13%
2006	\$3,153	\$398	13%
2007	\$3,271	\$406	12%
2008	\$3,770	\$448	12%
2009	\$4,099	\$489	12%
2010	\$4,082	\$507	12%
2011	\$3,899	\$501	13%
2012	\$3,885	\$518	13%



Proportion PT summary

- PT accounts for about 12-13% of medical costs in the first year for workers with back sprains
- The proportion of medical costs from PT stayed relatively constant between 2005 and 2012
- Similar results when we looked at medical costs within 2 years



PERCENT WITH PT TIMING OF FIRST PT NUMBER OF VISITS



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Methods

- Selected all accepted claims for back sprains 2004-2014
- Selected State Fund claims (self-insured not included)
- Selected all physical therapy bills from physical therapists
- Analyzed procedures from days with at least 1 PT bill approved
- L&I has a daily cap for PT (about \$120 per day)



Percent with any PT

	% with any PT
In 1 st year	33%
Ever	33%
Medical only	23%
Time loss	54%

- *Overall, about 1/3 of workers with back sprains receive some physical therapy*
- *The percent receiving physical therapy is higher in workers with time loss (compensable) claims than in medical only claims*



Time between injury and 1st PT visit

weeks	percent
< 2 weeks (0-13 days)	30%
2-4 weeks (14-28 days)	21%
4-6 weeks (29-42 days)	11%
6-8 weeks (43-56 days)	6%
8-12 weeks (57-84 days)	8%
12 weeks – 6 months (85-182 days)	11%
6 months – 12 months (183-365 days)	8%
> 12 months	5%

- *Most PT starts within the first 6 weeks after injury*



Utilization review for number of PT visits

< = 12 PT visits: no prior authorization needed for first 12 PT visits

13-24 visits: prior authorization required

- claims manager
- provider hotline
- fax request

>= 25 visits: utilization review required



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Number of PT visits

(of workers with back sprains with PT)

Number of visits in the 1 st year	Percent
1	8%
2-4	23%
5-12	37%
13-24	19%
25-36	7%
37-48	3%
49-60	1%
61+	1%

- *69% have less than or equal to 12 PT visits*
- *31% have more than 12 visits*
- *Only 12% of workers with back sprains have more than 24 PT visits*



Number of PT visits

(of workers with back sprains with PT)

	# PT visits in 1 st year	# PT visits in 1 st 2 years
mean	11.4	13.1
median	8	9
interquartile range (25 th -75 th)	4-16	4-18



Number of PT visits

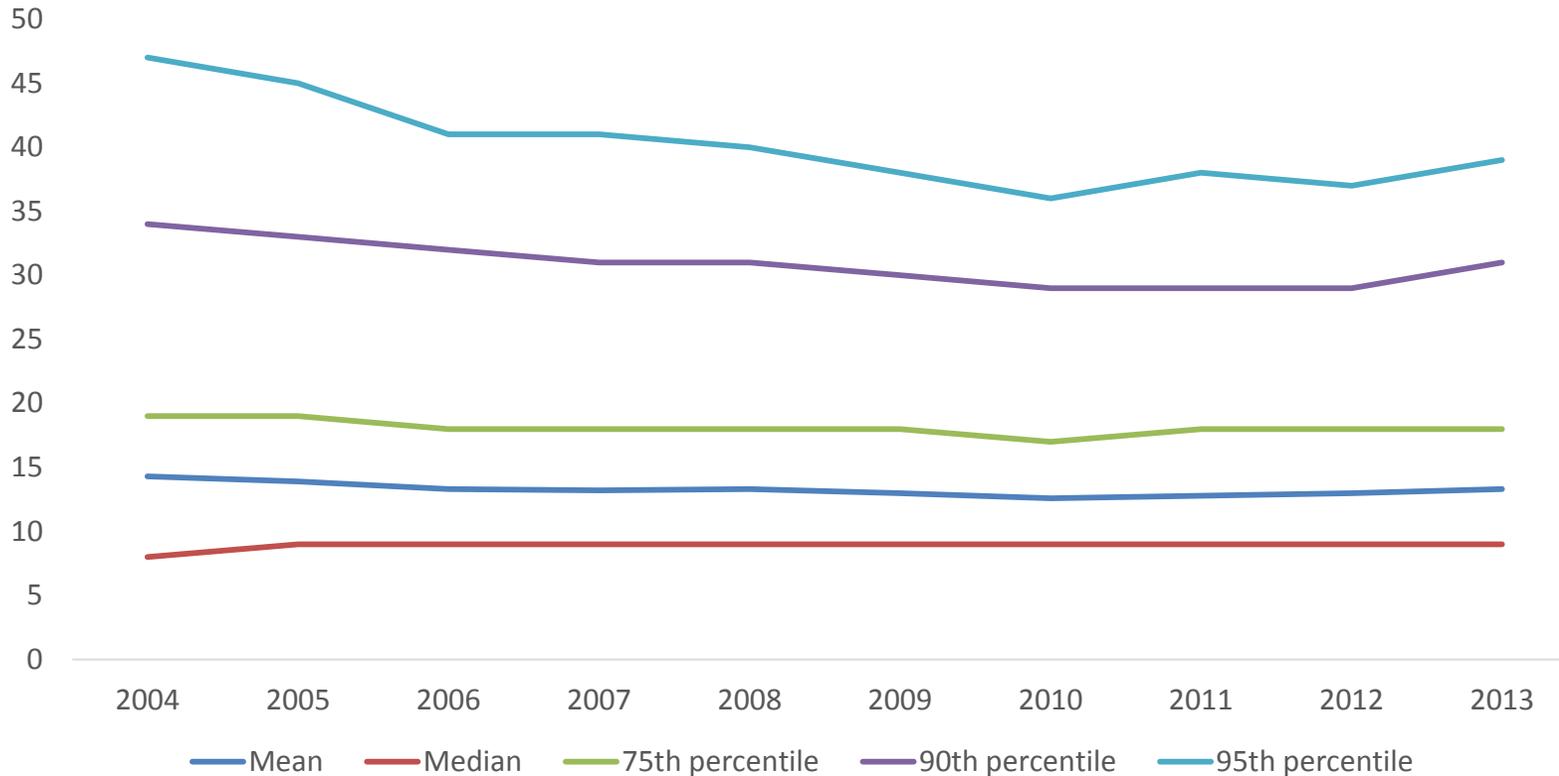
(of workers with back sprains with PT)

Number of visits in the 1 st year	All	Time loss claims	Medical only claims
<= 12	69%	57%	83%
> 12	31%	43%	17%
> 24	12%	20%	4%

- Workers with TL have more PT visits than those without TL



Number of PT visits within 2 years



- *The number of visits at the upper end (at the 90th and 95th percentiles) have decreased substantially between 2004 and 2013*
- *The top 5% (the 95th percentile) decreased from 47 visits to 39 visits*
- *UR started in November 2007 (and outreach started a year before)*



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Active/Passive



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Examples of active and passive PT codes

ACTIVE

- Graded exercise
- Lifting and carrying
- Balance
- Muscle coordination

- Instructions, supervised exercise, and homework

PASSIVE

- Hot and cold packs
- Traction
- Massage
- Ultrasound

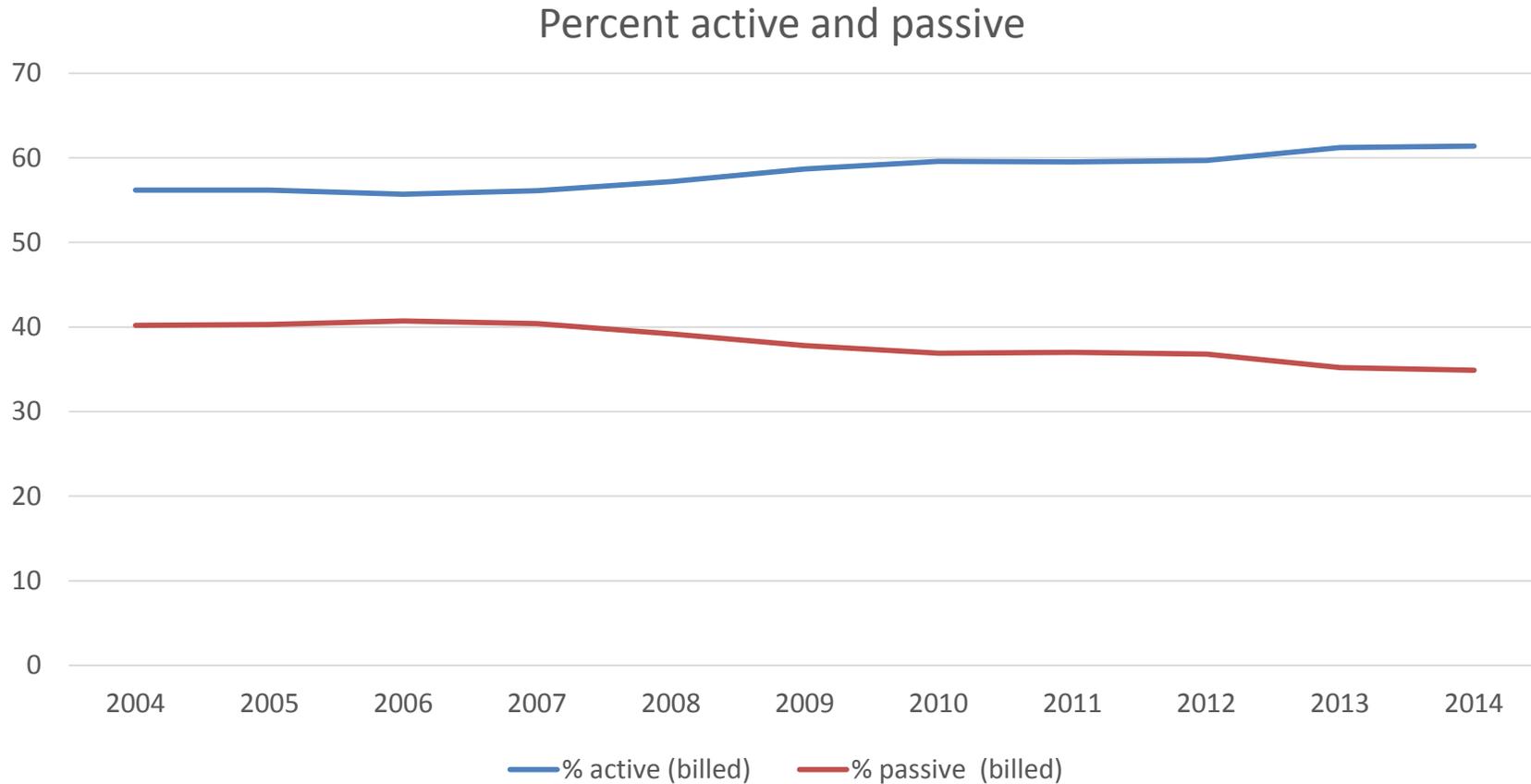


Why is active PT important?

Evidence that active PT is more effective
improving function than passive PT

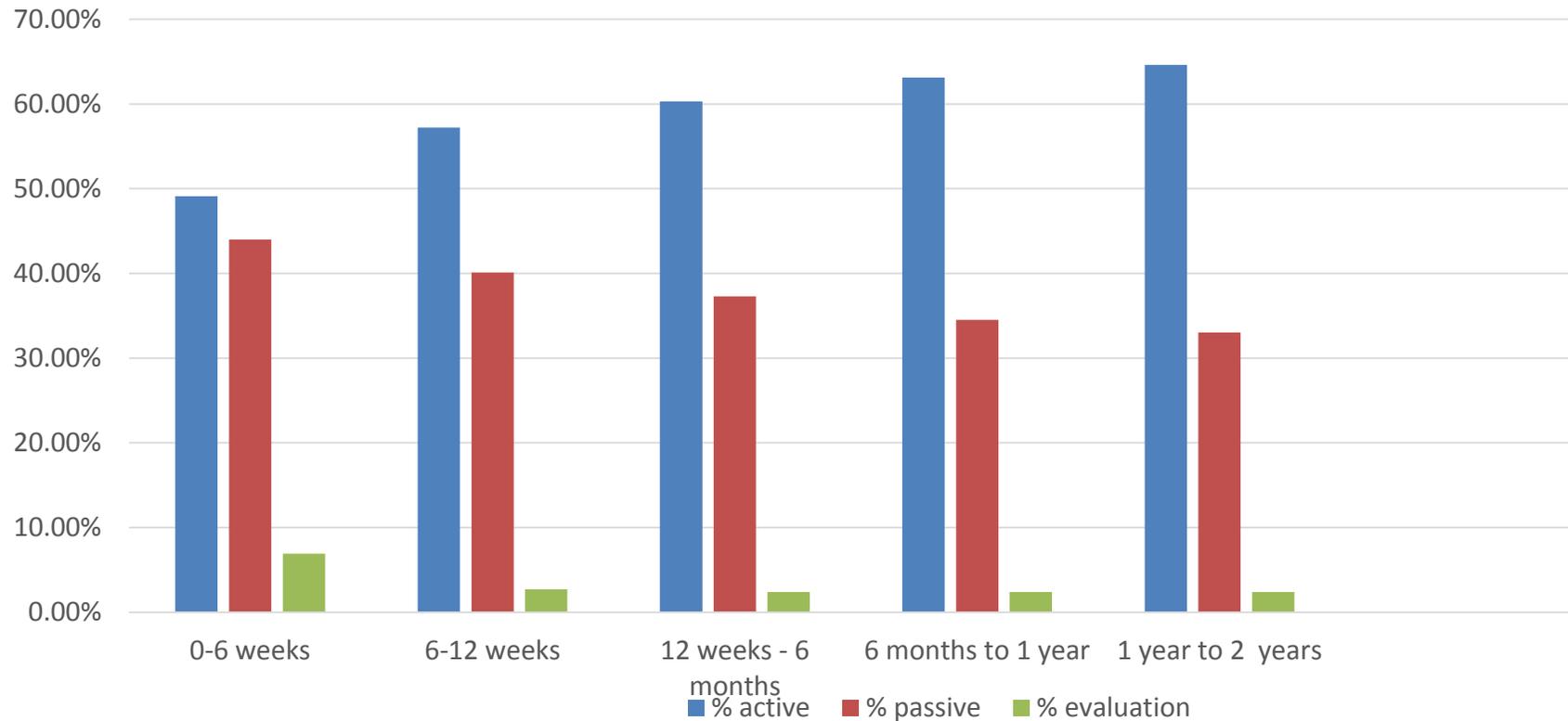


Percent active and passive CPT codes for PT (updated July 2016 using number of units from all billed CPTs)



- *Percent active PT increased between 2004 and 2014*
- *Percent passive PT decreased between 2004 and 2014*

Percent active, passive, or evaluation by time period after injury



- *During the first 6 weeks after injury, about 49% of PT bills were for active PT, 44% was for passive, and 7% for evaluation*
- *The percent of bills for active PT increased over time within claims*
- *The percent of bills for passive PT decreased over time*

Next steps

- PT for other conditions (shoulders)
- Analysis for other physical medicine providers (OT)



QUESTIONS



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