



# BROSTROM PHYSICAL THERAPY

## ~MONTHLY NEWSLETTER~

November 2017

# Physical Therapy: Direct Access

From the desk of: **Brittany Keeney, BBA** (Assistant Office/Business Manager)

As of January 1, 2015, Michigan joined the other 49 U.S. States, the District of Columbia, and the U.S. Virgin Islands in allowing patients to seek some level of treatment from a licensed physical therapist without a prescription from a physician (otherwise known as "direct access"). In Michigan, physical therapists may provide treatment without a prescription under the following conditions:

- The patient is seeking physical therapy services for the purposes of injury prevention or promoting fitness, or
- For 21 consecutive days or 10 treatment visits, whichever occurs first.

However, physical therapists are still required to refer patients to an appropriate healthcare professional if there is reasonable cause to believe that symptoms or conditions are present that require services beyond the scope of practice of physical therapy.

As a benefit to patients, direct access may eliminate the delay of health care services that would otherwise potentially result in additional costly medical tests and treatments, decreased functional outcomes, and decreased patient satisfaction.

The education of a PT has adapted in order to provide comprehensive care and, more importantly, to recognize the symptoms of an underlying disease process that is outside the scope of physical therapy. Currently, physical therapy education culminates in a Doctor of Physical Therapy (DPT) degree and therapists receive extensive education and clinical training in the examination, evaluation, diagnosis, prognosis, and intervention of patients/clients with functional limitations, disabilities, and impairments. Beyond their initial education, physical therapists may also have subspecialties that delve into specific body regions, patient populations, or disease states.

While direct access provides numerous benefits to patients seeking physical therapy, **most insurance companies (with the exception of Priority Health and select other plans) still require their members to obtain a prescription from a licensed prescriber (Physician, Physician Assistant, Doctor of Podiatry, Nurse Practitioner, or Dentist) before they review claims for payment.** As a result, I strongly recommend that patients verify insurance coverage prior to seeking direct access treatment... A member of our staff is happy to help!

### Quote of the Month:

*"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."*

- William Arthur Ward



## Recipe of the Month: Alfredo Chicken Bake

### Ingredients:

- 1 package (9 oz) frozen diced cooked chicken breast, thawed (about 2 cups).
- 1/2 cup frozen sweet peas.
- 1/2 cup shredded swiss cheese (2 oz).
- 3/4 cup Alfredo pasta sauce.
- 2 tablespoons slivered almonds (optional).
- 1 cup Original Bisquick mix.
- 1/2 cup milk.

### Directions:

1. Heat oven to 425° F. In a 1 & 1/2 quart saucepan, mix chicken, peas, cheese, Alfredo sauce and almonds. Heat to boiling over medium-high heat. Pour into ungreased 1 & 1/2 quart casserole.
2. In a small bowl, stir Bisquick Mix and milk until soft dough forms. Drop dough by about 12 spoonfuls into chicken mixture.
3. Bake uncovered 20 to 25 minutes or until golden brown.

Recipe credit to: <https://www.bettycrocker.com/recipes/alfredo-chicken-bake/47abd440-fde1-40b7-a675-b70701cc0e19>

For information about our clinic, therapists, or physical therapy in general, we encourage you to check out our user-friendly (and mobile-friendly) website! Please visit us at [www.brostrompt.com](http://www.brostrompt.com).



## Please help us welcome ~ Lacey Kreft ~ to our PT family!

Lacey joins us with a Doctorate Degree in Physical Therapy from Andrews University and over 4 years of outpatient and subacute physical therapy experience. She has completed the Level I and Level II Certifications towards becoming a Certified Manual Physical Therapist through the North American Institute of Orthopedic Manual Therapy.

Lacey possesses a strong focus in sports injuries and manual therapy. In her spare time, she enjoys running, painting, reading, planting flowers/shrubs, and trying interesting foods.

Lacey will be treating patients on a full-time basis...  
We welcome you, Lacey!

### **Brostrom Physical Therapy**

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