



# Direct Access

Come see us first, without a prescription, so we can help you recover from different pains, sprains or strains throughout your body.

## What is Direct Access?

While some states have some restrictions around access to physical therapy services requiring patients to see a physician and get a prescription before seeing a physical therapist for treatment, this is not generally a requirement for many states that have direct access laws. These laws give patients direct access to skilled physical therapy without the need for a referral or prescription from their doctor before starting treatment, under most circumstances. This allows patients to start physical therapy treatment sooner to reduce pain, increase mobility and improve their overall function.

## What are the Benefits of Direct Access?

For patients, physical therapy without a prescription has many benefits. For starters, patients who may benefit from physical therapy services will be able to begin the treatment process sooner. Direct access may also help patients save money by potentially avoiding unnecessary visits, medication, surgery or extensive imaging tests – including X-rays, MRIs and CT scans. It is estimated that cost savings can add up to \$2,700 for those who see their physical therapist first for treatment!

If you do need to see a specialist, our therapists will refer you to the right healthcare professionals. This ensures that you receive the quality care you need, right from the beginning.

## Where is Direct Access Available?

- Arizona
- Illinois
- Indiana
- Iowa
- Kansas
- Michigan
- Nebraska
- Ohio
- South Dakota
- Texas
- Wisconsin

*\*Direct access rules vary by state and service.*

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