



KPTA

Kentucky
Physical Therapy
Association

Physical Therapy Can Help Address Kentucky's Opioid Abuse Epidemic

- The Centers for Disease Control and Prevention recommends safer alternatives to opioids for pain management. They specifically mention physical therapy as a safe, non-addictive alternative to opioids for chronic pain.
- The Journal of the American Medical Association (JAMA) concludes that opioids are largely ineffective for low back pain. Physical therapy is an effective way to manage back pain, while reducing or avoiding the use of prescription painkillers.
- The state of Ohio Workers' Compensation Program now requires that all workers with work-related back injuries undergo at least 60-days of non-surgical care, including physical therapy, while avoiding opioids, before pursuing other treatments. The Kentucky Physical Therapy Association welcomes the opportunity to assist in the development of similar guidelines for our Commonwealth.

Access Concerns

- Causing detriment to our citizens, many third-party payers are controlling the frequency, intervention and reimbursement of care.
- Our association is opposed to referral-for-profit situations that affect rehabilitation services. Therefore, we support HB151 which addresses reporting of fraud and referral-for-profit in motor vehicle accident cases.

Professional Boards

- The Kentucky Board of Physical (KBPT) is very efficient and effective in its protection of the public. It is fully operational via licensee dues and requires no funding from the general budget. The KBPT has been recognized nationally as a "model board" by the Federation of State Boards of Physical Therapy.
- We would oppose any efforts to place the Kentucky Board of Physical Therapy under an umbrella board as this would decrease efficiency, compromise public safety, and negatively impact the physical therapy workforce in Kentucky.

For additional information on the Kentucky Physical Therapy Association's position on these issues, please contact us at (859) 485-2812 or info@kpta.org.