



# Debunking 7 Physical Therapy Myths

## MYTH 1

I need a physician's referral to see a physical therapist.

1

## FACT

All 50 states and the District of Columbia allow patients to be evaluated by a physical therapist without a physician's referral.

**70%** of consumers think a physician's referral or prescription is required to be evaluated by a physical therapist.



## MYTH 2

Physical therapy is painful.

2

## FACT

Physical therapists work within a patient's pain threshold.



**71%**

of people who have never visited a physical therapist think physical therapy is painful. That number significantly decreases among patients who have seen a PT in the past year.

## MYTH 3

Physical therapy is only for injuries and accidents.

3

## FACT

Physical therapy is a diverse health care practice that helps prevent injury and pain, and promotes mobility, health, and wellness.

Although 81% of consumers recognize the diverse skills of a physical therapist, 19% still think physical therapy is only for rehabilitation.



**19%**

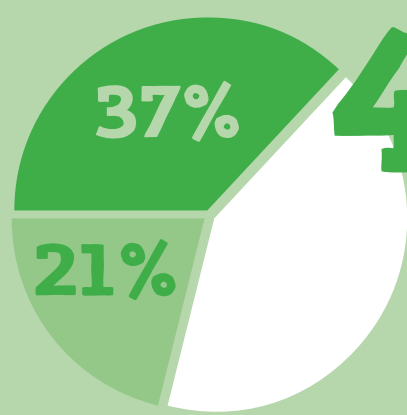
## MYTH 4

Any health care professional can perform physical therapy.

4

## FACT

Physical therapy should only be performed by a licensed physical therapist.



**42%**

Although 42% of consumers know that physical therapy can only be performed by a licensed physical therapist, 37% still believe other health care professionals can administer physical therapy. The other 21% are unsure.

## MYTH 5

Physical therapy isn't covered by insurance.

5

## FACT

Most insurance policies cover some amount of physical therapist services.



The majority of consumers realize that most insurance plans cover some of their physical therapy costs; however, 19% still believe insurance companies cover no PT services.



## MYTH 6

Surgery is my only option.

6

## FACT

In many cases, physical therapy has been shown to be as effective as surgery.

**79%** of those who have recently seen a PT believe that physical therapy is an alternative to surgery.



## MYTH 7

I can do physical therapy myself.

7

## FACT

Only a licensed physical therapist with specialized education and expertise can develop a physical therapy plan of care.



**58%**

of consumers either think they can do physical therapy on their own, or are unsure.