



### Is Physical Therapy Cost-Effective in Whiplash Treatment?

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*One to One Treatment always with a licensed professional*

#### Your Therapy Team

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**3,000 square foot facility with private treatment rooms**

#### Providing Physical Therapy for:

Orthopedic Complaints  
Post Surgical Rehab  
Work Injuries  
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Back Pain  
Neck Pain  
Vertigo / Vestibular Rehab  
Lymphedema  
Post Surgical Rehab  
Headaches

Functional Capacity Evaluations

#### Specialty Certified In:

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Lymphedema Management  
Vestibular Therapy  
Graston Technique  
Mulligan Technique  
Functional Capacity Evaluations

#### Payment

Accepting Medicare and most major insurance. Letters of protection accepted.

Inasmuch as patients with acute whiplash develop chronic neck pain in 15% to 40% of cases,<sup>1</sup> prescribing every measure shown to improve whiplash outcomes may be justifiable. Indeed, multiple studies have demonstrated various physical therapy interventions to be effective at improving pain ratings, recovery speed, and ability, compared to usual care.<sup>2-9</sup> However, this does not answer the more difficult question of cost-effectiveness. Is it better in terms of societal costs for patients to heal at their own pace with medications and advice?

Using Quebec's medical system, Suissa and colleagues answered the question of cost-effectiveness in a large, population-based, study.<sup>9</sup> They designed a multidisciplinary whiplash treatment program that emphasized early treatment and physical therapy. Patients in the experimental group received nine physical therapy visits in the first three weeks and up to 20 more visits over the next four weeks as needed. They implemented this treatment protocol in 26 medical offices across Quebec. Patients in the control group received usual care at other medical offices. Researchers followed 288 patients in the experimental group who were treated for whiplash associated disorders (WAD).



After one year, they compared the experimental group to 1,875 patients receiving usual care for WAD at other centers during the same time frame. In terms of direct medical cost and compensation for time off work, patients receiving usual care cost 220% more than patients receiving the early and comprehensive physical therapy protocol. After one year, patients receiving the physical therapy protocol were 50% more likely to have file closure.

Of course, to achieve maximum cost-effectiveness, the physical therapy being delivered must fit the most cost-effective protocol. Evidence suggests that incorporation of manual therapy and time of referral both affect outcomes. A Cochrane review conducted by Gross and colleagues concluded that manual therapy plus exercise appears to be more effective than each intervention alone.<sup>4</sup> This suggests that referring prescribers should verify that therapists make manual therapy part of their WAD treatment plan. In addition, Rosenfeld and colleagues demonstrated that best results are achieved when active physical therapy treatment for WAD begins within 96 hours of the accident.<sup>3</sup>

### One to One Treatment—Always with a Licensed Professional



Enfield Health & Wellness Center does not attempt to assess your patient while keeping an eye on other patients doing exercises. Furthermore, we do not utilize trainers or therapy aides. The treatments your patients receive with us is always One to One attention with a licensed professional.

**Pictured Left: Melissa A. Doten, MPT, LMT, Director of Physical Therapy**

**Please refer your patients to Enfield Health & Wellness Center**  
Doctor Recommended, Patient Preferred

## References

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