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# Crystal Lake and Huntley Physical Therapy

PROVIDING EXCELLENT SERVICE, QUALITY CARE, AND SUPERIOR RESULTS FOR OUR PATIENTS AND THEIR PHYSICIANS

*We thank you for taking a moment to read our newsletter that is specifically designed for YOU! We want to be the organization that you can trust for updated information in the rehab industry.*

## focus



## Direct Access! It Is Finally Here, But What Does It Mean?

Written by Emily Craigen, PT, DPT

As of 8/16/18, the state of Illinois now officially has direct access for physical therapy services. While this is an excellent step in the right direction to help with cutting health care costs, what does this mean to you as a physician?

According to the amendments that were signed into law by our governor in the month of August, physical therapists are now able to perform an evaluation without a referral or an established diagnosis from a physician. However, according to Illinois state law, a

physical therapist will be required to refer a patient to a health care professional if the patient does not demonstrate measurable or functional improvement after 10 visits or 15 days, whichever occurs first, and continued improvement thereafter.

Most insurance companies are already structured in such a way to be conducive to direct access practice and will cover direct access therapy services. The big exception, however, involves Medicare patients. While a physician referral is not required, a signed plan of care is!

Once a physical therapy evaluation is performed, then a copy of the evaluation as well as a plan of care will be sent to your office with a request for your signature of approval to proceed.

The physical therapy profession and our staff at Crystal Lake Physical Therapy and Huntley Physical Therapy will continue to value your support and remain committed to providing excellent communication with your office and quality services to our mutual patients.



## Reducing Health Care Costs

“Studies across the country have shown that direct access to physical therapy is extremely cost-effective, reducing total health care costs by as much as 30% and, in some cases, reducing patients’ out-of-pocket costs by as much as 80%. The most important benefit, however, is that studies have shown an amazing 90% reduction in opioid use when consumers have access to physical therapy. Since physical therapy is a non-addictive treatment that helps manage pain, thousands of Illinois pain sufferers will get relief without opioids. The health and cost benefits of this alone are staggering.” - Mike Riley, President of Illinois Physical Therapy Association



# We Are A “Best of the Fox 2018” Winner!

*At Crystal Lake Physical Therapy, Inc. and Huntley Physical Therapy, Inc. Our Goal Is To Provide Excellent Service, Quality Care And Superior Results To EACH patient!*

## STAFF SPOTLIGHT

Emily Craigen, PT, DPT



**Emily Craigen is the owner of both Crystal Lake and Huntley Physical Therapy. She has over 12 years of experience treating in an outpatient orthopedic setting. She graduated from Marquette University with a Doctorate in Physical Therapy and specializes in the treatment of men’s and women’s pelvic floor dysfunctions.**

Crystal Lake Physical Therapy and Huntley Physical Therapy aren’t just your standard physical therapy clinics! Unlike our competitors, we provide quality and personalized rehab services by only licensed physical therapists for a full hour one on one with each of our patients. We hold our services to a higher standard, and as a result, we are able to get our patients better faster! Our patients are never treated by anyone but a physical therapist because we never hire any unlicensed staff in our clinics. We are committed to providing excellent service, quality care and superior results to each patient that walks through our doors.

Additionally, we provide specialty services in both of our clinic locations.

With our constantly changing healthcare environment, we are committed to providing you with the most up to date information about our changing healthcare policies, current research and advancements in rehabilitation services, as well as information regarding specialty services that are accessible within our local communities. We want to work with YOU to help improve our patient’s health and wellness within our local community!

In addition to our outpatient orthopedic services, we currently offer the following specialty services in our clinical settings:

- Women’s and Men’s pelvic floor services
- Pregnancy/post partum treatment
- Dry Needling
- Balance Training
- Vertigo and BPPV Treatment
- Pediatric Torticollis Treatment
- Chronic pain and Fibromyalgia management

### Coming up in our next issue:

- Physical Therapy As A Safer Way To Manage Pain: When To Choose Physical Therapy Before Medication!
- Do You Leak?!? A Guide To Helping Manage And Cure Incontinence With Physical Therapy
- What Is Dry Needling?!? Can Your Patient’s Benefit From It?

Please feel free to contact us at either of our locations to learn more about our physical therapy services or for a complimentary injury screening!



530 Rockland Rd., Ste 500  
Crystal Lake, IL 60014  
p: (815) 893-8480  
f: (815) 893-8481  
www.CrystalLakePT.com



9708 N. IL Route 47  
Huntley, IL 60142  
p: (847) 582-0050  
f: (847) 582-0051  
www.HuntleyPT.com

**Thank you for your continued trust and referrals! We look forward to working with you and your patients!**