PT/OT scripts

- Goal is to maximize the benefit for the patient
- Get to know your physical therapists
  - What do they like
  - Do they have a subspecialty?
  - Is there a PT/ATC?
- Sports focus here but applies to the rest of your practice
PT/OT scripts

- Occupational therapy for upper extremity
- Physical therapy for everything else
- If I am writing for UE I write PT/OT
- Often times facilities do not have an occupation therapist and the physical therapist treat upper extremities
PT/OT scripts

- Diagnosis: Include ICD9 if possible
  - Body part to be treated
  - SIDE to be treated
  - If they are post operative what surgery was done and when?
- Restrictions
- Do you have a protocol for that injury?
PT/OT scripts

- Preoperative protocols
- Postoperative protocols
- Specific injury protocols
PT/OT scripts

EVALUATION AND TREATMENT
PT/OT scripts

- Any script should do regardless as to where they go
- Use your own
- Use the RX provided by the facility
PT/OT scripts

- Really all the therapist wants is eval and treat
- If you only put strengthening then that is ALL the therapist can do
- Think about what you want to accomplish with the PT
PT/OT scripts

- Eval and treat
- Strengthening
- HOME EXERCISE PROGRAM (HEP)
- Range of motion
- Stretching
- Proprioception
- Sport specific activities
PT/OT scripts

- Throwing program
- Modalities
  - Ice/heat
  - E stim
  - Ultrasound
  - Parafin
PT/OT scripts

- Stress the importance of the HEP to the patient
- Maximize the utility of the PT visit both for the patient and therapist
- Don’t tie the therapists hands
PT/OT scripts

- Medicare
  - Only cares if the patient can do ADLs
  - Strict rules for in home PT
  - Always write for balance and proprioception
PT/OT scripts

- Be aware of your patients needs
- Many insurers have a bigger co-pay for PT than for a doctors visit
- Many insurers are severely limiting the number of PT visits allowed per year
- Don’t be afraid to write a script for 2-3 visits for HEP
PT/OT scripts

Thank you for your attention