

# Q&A: Ann Todd, PT, MOMT

## What is outpatient physical therapy?

Physical therapy is used to treat musculoskeletal injuries. Treatment involves diagnosing the specific injury, applying appropriate stimuli to heal the tissue, and to get the patient back to their previous level of activity.

## Are physical therapists qualified to diagnose injuries?

Yes, in fact, physical therapists have some of the highest scores in the health care industry when tested on the ability to diagnose musculoskeletal injuries, second only to orthopedic surgeons.

## Do I need a doctor's referral to get rehabilitation?

No, you do not need a referral. Just give us a call.

## Is physical therapy expensive?

Interestingly, compared to other forms of treatment, physical therapy is one of the cheapest methods for treating injuries. A 2012 study in the journal *Spine* showed that patients diagnosed with low back pain who were referred to PT within the first two weeks of injury had a reduction in overall health care costs of \$1,200 to \$2,200, with the same or better outcomes. Furthermore, they were 53 percent less likely to need surgery, 52 percent less likely to need an epidural injection, and 46 percent less likely to need an MRI.

At Blue Valley Physical Therapy, our therapists will work with you to design a successful treatment that fits any budget.

## Why physical therapy?

Physical therapy not only works to provide you the best healing in the shortest amount of time, but the real gift of PT is that through improvements in strength and biomechanics it works to prevent the same injury from reoccurring.

## Biography:

Ann Todd, PT, MOMT graduated from the University of Kansas Medical Center with a PT degree in 1988, and she became a certified Orthopedic Manual Therapist in 1998. She has been practicing for 29 years and is co-owner of Blue Valley Physical Therapy and Sports Medicine.



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