


# Physical therapy is a cost-effective approach to improve strength and reduce pain for patients with acute low back pain.

Support policies that expand access to care and coverage for physical therapist treatment of acute low back pain.



Choosing physical therapy early to treat acute low back pain, over usual care, results in an average net benefit of

**\$4,160**

including all hidden costs of a patient's time, pain, and missed life events; and the dollars paid for the services.

## Physical therapy also helps patients:

**Gain** knowledge about factors that contribute to pain and techniques for self-management, empowering them to avoid or manage any future acute low back pain issues.

**Reduce** pain without the need for prescription medications, such as opioids.

Learn more about the economic value of physical therapy at [ValueofPT.com](http://ValueofPT.com)

