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Media Contact

John Groves, DPT, OCS, FAAOMPT
johngroves@grovespt.com
(651) 209-6144

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Physical Therapy First – Before Other Expensive Alternatives

ST PAUL, MN (January 12, 2007) - An article on the front page of the Wall Street Journal's January 12, 2007 edition clearly acknowledges what the American Academy of Orthopedic Manual Physical Therapy (AAOMPT) has been saying for years: "Before trying expensive alternatives, get patients into physical therapy first. You'll save millions of dollars and actually help the patient," said Dr. John Groves, President of Groves Physical Therapy (Groves PT).

In the WSJ article, entitled "A Novel Plan Helps Hospital Wean Itself Off of Pricey Tests".(available for 7 days for non-subscribers), writer Vanessa Fuhrmans notes that a novel solution tested at Virginia Mason Medical Center in Seattle, "offers a lesson in dealing with one of the most confounding elements in America's health-care crisis: a perverse system of payments that rewards doctors and hospitals not for how well they treat patients, but for how much they treat them."

The solution was crafted with the help of large employers Starbucks, Costco Wholesale Corp. and Nordstrom Inc. As doctors studied the course of treatment of dozens of patients at Virginia Mason's spine clinic, it was clear no standard procedures were being followed. In fact, Virginia Mason physicians had gotten into the habit of ordering an expensive MRI, though uncomplicated back pain rarely warrants one.

Many patients had to wait a month for appointments and often were bounced from specialist to specialist. Eventually some patients were directed to physical therapy, and often only then began to feel relief.

Once the inefficiencies were mapped out on paper, the solution was clear to everyone: put the physical therapy in front. According to the article, "That's also what a lot of medical literature suggests. The hospital made the change, and also worked with its team of employers to eliminate extra steps in the medical maze for patients."

"That's been our philosophy all along," said Dr. Groves. "This article highlights that when it comes to low back pain; see your Physical Therapist first. It eliminates unnecessary tests, unproven surgeries, high costs, and most importantly provides a successful outcome while decreasing your likelihood of your symptoms returning."

For more information about how a physical therapist can help alleviate pain, minimize the use of prescription drugs and expensive diagnostic imaging, and prevent painful and costly surgery, visit www.grovespt.com.

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About Groves Physical Therapy:

Groves Physical Therapy is a privately owned, multi-site Physical Therapy practice in St Paul and Brooklyn Center. Founded in 2004, their mission is to deliver the highest quality, evidence-based physical therapy management to patients with unquestionable ethics, unparalleled quality,

superior service, and at the best value. Their physical therapists are Board Certified in Orthopedic Practice and are Fellowship trained in Manual Therapy, credentials that only 1-2% of Physical Therapists nationwide have obtained. They utilize manual physical therapy and therapeutic exercise based on the newest research to achieve the best results in fewer visits. For more information on Groves Physical Therapy, please call 651-209-6144 or 763-566-3798 or visit: www.grovespt.com.