CorVel’s experience in cost containment has shown that an effective way to manage physical therapy costs is through a combination of utilization management, timely communications and provider management. A comprehensive and proactively managed physical therapy program results in savings and improved return to work outcomes. The following highlights actual cases and real results from our program.

**Medically Necessary Treatment**
An injured worker was originally prescribed 24 physical therapy visits for treatment of injuries. Upon completion of CorVel’s utilization review, it was revealed that the patient also had comorbidities that were not benefiting from therapy and were ultimately delaying return to work. The CorVel Physical Therapist proposed discharge at 16 visits and limited treatment to the work related injury only.

8 Reduced Visits Resulted in 33% Savings.

**Functional Capacity**
After sustaining a shoulder injury, an injured worker was prescribed 40 physical therapy visits after surgery. A progress report was performed after 18 visits. It was agreed between the injured worker, physical therapist and prescribing physician that he had reached functional capacity. No further physical therapy visits were required and the injured worker was released for full duty.

22 Reduced Visits Resulted in 55% Savings.

**Maximum Medical Improvement**
An injured worker was prescribed 38 physical therapy visits with a clinical recommendation after 18 visits. It was determined by a CorVel Physical Therapist that the patient’s remaining deficits could be addressed with a home exercise program. Additional visits were not recommended and the patient was discharged at visit 18.

20 Reduced Visits Resulted in 53% Savings.

**Unnecessary Treatment**
An injured worker with a strenuous work injury was prescribed over 50 visits of physical therapy during the course of care. At visit 18, CorVel’s Physical Therapist reviewed the patient’s progress report. The notes indicated the patient was working full-time, without any restrictions. It was determined that no further physical therapy visits were needed.

32 Reduced Visits Resulted in 64% Savings.