



Recognizing National Rehabilitation Awareness Week

Every year, during the third full week of September, the [National Rehabilitation Awareness Foundation \(NRAF\)](#) recognizes **National Rehabilitation Week**.

Inpatient rehabilitation plays a crucial role in the care, treatment and recovery of individuals with disabling injuries and illnesses, such as stroke, brain and spinal cord injuries, respiratory disease, cancer, joint replacement, and many others. (Source: [AMRPA](#))

At ATS, we are honored to provide our patients with therapy solutions to support their path to healthier living. Learn more about our services [here](#).



CLINICAL HIGHLIGHT: PAIN AWARENESS + HEALTHY AGING

September is **Pain Awareness Month**, an observation focused on raising public awareness of issues in the area of pain and pain management.

Did You Know? Pain affects more Americans than diabetes, heart disease, and cancer combined.

Physical therapy is among the safe and effective alternatives to opioids **recommended by the Centers for Disease Control and Prevention** for the management of most non-cancer-related pain. Whereas opioids only mask the sensation of pain, physical therapists treat pain through hands-on care, patient education, and prescribed movement.



Exercise - A [study](#) following 20,000 people over 11 years found that those who exercised on a regular basis experienced less pain. And among those who exercised more than 3 times per week, chronic widespread pain was 28% less common. Physical therapists can prescribe exercise specific to your patient's goals and needs.

Manual Therapy - Research supports a hands-on approach to treating pain. From carpal tunnel syndrome to low back pain, this type of care can effectively reduce pain and improve your movement. Physical therapists may use manipulation, joint and soft tissue mobilizations, and dry needling, as well as other strategies in the plan of care.

Teamwork - Recent studies have shown that positive relationships with the physical therapist and patient support recovery and overall success. (Source: [ChoosePT.com](#))

At Advanced Therapy Solutions, we are focused on maximizing our patients' physical comfort and functionality, including pain management. **Learn more about our Physical Therapy services [here](#).**

Informative Articles and Resources:

[National Pain Awareness Month – The Pain Center](#)

[September is Pain Awareness Month – American Chronic Pain Association](#)

[Physical Therapy Guide to Chronic Pain Syndromes – APTA](#)

[Choosept.org](#)

SUPPORTING HEALTHY AGING

Healthy Aging® Month is observed every September by focusing national attention on the positive aspects of growing older.

With a mission to encourage individuals to take personal responsibility for their health, this monthly observance focuses on all aspects of health—physical, social, mental, and financial.

At ATS, we understand the importance of fostering healthy aging. Our therapy experts support our patients and their goals by providing therapy solutions to help them complete essential daily activities, interact with their loved ones, and ultimately live their lives to the fullest.



Tips for Healthy Aging

In honor of Healthy Aging Month, consider the following tips for a healthy lifestyle:

- **Get Moving** – Exercise on a daily basis to maintain a healthy body and mind.
- **Stay Social** – Make an effort to see or call old friends and make new ones as well. You can also try something new by taking a class.
- **Stay Balanced** – Work towards improving your flexibility. Yoga is a great activity to help with this as well as reduce stress.
- **Sleep Well** – It is essential to rest. Make sure you are getting enough sleep every day.

(Source: [Healthy Aging Magazine](#))

Part of maintaining goals for healthy aging includes understanding the presence of conditions that may affect an individual's quality of life and ways to support a healthier life.

Physical Therapy and Healthy Aging

When it comes to preventing injuries and providing treatment for current physical conditions, Physical Therapy is a great way to encourage healthy aging.

As highly trained health care professionals, Physical Therapists possess expertise in movement and exercise. Such skills and knowledge base are essential when dealing with patients facing the complexities of aging.



Skills of Physical Therapy such as assessment, exercise prescription and progression can be utilized for older adults before an injury happens. And if used more in this way, physical therapists can play a key role in the prevention of injury, functional decline and disability.

Fitness at any age is made up of five key aspects that include flexibility, strength, endurance, posture, and balance. These elements are also used to assess a patient's risk for injury and guide a personalized plan of care for healthy aging.

Informative Articles and Resources:

[Physical Therapy Guide to Chronic Pain Syndromes – APTA](#)

[Physical Therapist Services for Older Adults – APTA](#)

[4 Ways Physical Therapists Manage Pain – APTA](#)

[The Role of a Physical Therapist in Healthy Aging – National Council on Aging](#)

Leadership Recommendations

- Provide team members with appropriate training and resources to support competencies regarding therapy approaches for each patient.
- The Interdisciplinary Team (IDT) should develop a person-centered approach to patient assessment and care planning to ensure personalized care for each individual.
- IDT should also identify achievable goals to make mobility easier for their patients.
- Encourage patients to participate in their plan of care that is customized to their specific needs and goals.
- Provide education to patients and families regarding the importance of lifestyle changes and monitoring risk factors to help support their path to healthy aging.

Make Your Voice Heard: Be an Advocate for Physical Therapy

The Centers for Medicare & Medicaid Services (CMS) issued a proposed rule in late July that announces and solicits public comments on proposed policy changes for Medicare payments under the Physician Fee Schedule (PFS) and other Medicare Part B issues, on or after January 1, 2022.



Highly impacting therapy services, the payment for outpatient therapy services furnished by physical therapist assistants will be reimbursed at 85% of the Medicare Physician Fee Schedule.

Impact on Therapy Services

- Patients are at risk of losing access to therapy services.
- Given our current situation with the COVID-19 pandemic, patient need for PT services has increased and challenged the financial stability of providers.
- Decrease access to PT and PTAs leads to a decrease in fall prevention, increased use of opioids and an increase of costly medical procedures.

(Source: [APTA](#))

Take Action

PTAs play a crucial role in the PT-PTA team and help bridge the gap in access to care. Take a moment to share your concerns regarding the recent changes in the fee schedule through the following actions:



[Send Your Comments to CMS](#)

[Ask Congress To Fight the Cuts](#)

[Access APTA's Template Letter on the PTA Differential](#)

[#FightTheCut](#)



Reflections from the ATS Team

“ATS is an excellent rehabilitation employer that provides excellent support and opportunities for growth as a clinician. The professional growth of our therapists heightens with the continued exposure to specialized clinical training and development within our company.”



Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect.

[Learn more about our services](#) | info@ats-therapy.com

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