



HOW THESE CHANGES AFFECT YOUR ACCESS TO PHYSICAL THERAPY IN ILLINOIS

While before you needed a prescription or a referral from a doctor, you can now visit a physical therapist (PT) without that – whether for an injury, a sore muscle or pain, to improve your fitness and mobility or to address a wellness goal, among other reasons.



✓ DON'T FORGET

While the new law changes how you can access PT service, not every health plan is required to cover PT. It is recommended that you consult with your health care plan before visiting a PT to ensure the visit will be covered by your insurance.

If your health plan does not cover PT, you can still access the therapy and services with self-pay options. Contact your provider to verify your coverage options.



✓ WHAT TO EXPECT

Under the new law, a PT would be able to provide you counsel and potentially treatment under the following conditions:

NOTIFICATION

They must notify your primary health care professional within 5 business days of when you visit them and receive physical therapy treatment.



REFERRAL

Your physical therapist will need to refer you to a health care professional, including chiropractic physicians, if:



- ✓ There is not demonstrated measurable or functional improvement after 10 visits or 15 business days, whichever occurs first;
- ✓ You return for services for the same or similar condition after 30 calendar days of being discharged by your physical therapist; or
- ✓ Your condition is determined to be beyond the scope of practice of your physical therapist during your initial evaluation.

✓ EXCEPTIONS TO THE RULE

If you are in need of wound debridement, you will need a written authorization from a physician to visit a physical therapist.

Your physical therapist will need to consult and collaborate with a health care professional if your condition is related to temporomandibular disorder, so that a diagnosis can be made by that health care professional for an appropriate treatment plan.

