

APTA Maryland Research on Fair Copays
Average Frequency of Physical Therapy by Condition
(February 2022)

Condition	Recommended Freq/Week	Average Duration	Impact & Goals	Co-Pay Range per Week (\$20-\$80)
Heart Failure	3-5 times/wk	8-12 Weeks	<ul style="list-style-type: none"> ▪ reduce the risk of hospital admissions and readmissions ▪ increase quality of life ▪ improve prognosis ▪ reduce adverse events 	<ul style="list-style-type: none"> ▪ \$60-\$240 if 3 days ▪ \$100-\$400 if 5 days <p>Monthly: \$240-\$960 (3 days/wk) \$400-\$1600 (5 days/wk)</p>
ACL Injury	1-2 times/wk	8-24 Weeks	<ul style="list-style-type: none"> ▪ restore knee function ▪ reduce swelling, ▪ restore mobility, ▪ regain range of motion ▪ Improve overall strength of the quadriceps and hamstring muscles 	<ul style="list-style-type: none"> ▪ \$20-\$80 if 1 day ▪ \$40-\$160 if 2 days <p>Monthly: \$80-\$320 (1 day/wk) \$160-\$640 (2 days/wk)</p>
Lymphedema	3-5 times/wk	6-12 weeks	<ul style="list-style-type: none"> ▪ decrease swelling ▪ reduce risks of infection, ▪ reduce risk of hospitalization ▪ promote independence in the self-management of lymphedema including appropriate compression garments, ▪ improve functional mobility ▪ improve strength and range of motion 	<ul style="list-style-type: none"> ▪ \$60-\$240 if 3 days ▪ \$100-\$400 if 5 days <p>Monthly: \$240-\$960 (3 days/wk) \$400-\$1600 (5 days/wk)</p>
Spinal Cord Injury			<ul style="list-style-type: none"> ▪ Maximizing recovery of motor function ▪ Improved ability and independence with functional activities and walking ▪ Minimizing risk of future injury/medical problems 	
Stroke	2-3 times/wk	12-24 months * For some stroke survivors, rehabilitation will be an ongoing process to maintain and refine skills for years after the stroke	<ul style="list-style-type: none"> ▪ Improve and restore Walking speed ▪ Improve and restore walking distance ▪ Regain overall balance 	<ul style="list-style-type: none"> ▪ \$40-\$160 if 2 days ▪ \$60-\$240 if 3 days

Post-Operative Surgery Physical Therapy - A vital part of recovery

Following surgery, bones, muscles, and soft tissues undergo a period of healing. Failure to use the joint may cause it to heal improperly. This can limit the range of motion, flexibility, function of the joint, and overall surgical outcome. PT post-surgery can also help manage pain levels without excessive use of prescription narcotics.