

Early Treatment Saves Money

- In a 1993 study ITT Hartford Insurance Group discovered that injuries reported within the 1st days were 47% less costly than those reported more than 31 days after the accident.
- A Johnsons & Higgins study showed workers compensation claim costs decreased by 3% for each day reporting is shortened from twenty one to seven days.
- Crawford & Companies Workers Comp Insights Vol. 1
- According to Dr. Daniel T. Mass, MD; Director of Hand Surgery Services at the University of Chicago, states that in fact most cases of carpal tunnel syndrome can be cured by conservative measures if they are caught early enough.
- Safe Work Place, fall 1994
- In regard to carpal tunnel syndrome, he states intervene early before pathological change puts the disorder out of reach of physical therapy. He goes on to say that if surgery is required, mobilize and normalize the nerve as soon as possible after surgery.
- Mobilization of the Nervous System, Singapore Publisher 1991.
- Study by Kemper National Insurance Company showed that work place injuries that go unreported for 30 days or more, are more than 50% more costly than those reported within the first 10 days of the injury. Kemper reasons that early reporting leads to early treatment, and limits not only the medical but also the legal expense.
- CTD News, September 1993, Vol. 2 No 8
- In the study, the primary factor of a shorter return-to-work interval was whether or not the patient cooperated with the postoperative rehabilitation (physical therapy) program.
- Rehabilitation of Carpal Tunnel Surgery Patients Using a Short Surgical Incision and an Early Program of Physical Therapy. Peter A. Nathan, MD, Kenneth D. Meadows, PT, Richard C. Keniston, MD, Portland, OR. The Journal of Hand Surgery 1993; 18A: 1044-1050.
- Getting patients into (physical) therapy, particularly within the first 24 to 48 hours following an injury can reduce the total number of subsequent visits as well as the total treatment costs." - Early Intervention Controls the Trauma of CTS and Other Injuries. Crawford and Company's Disability Management Insights, Vol. 1, Number 2, 1995.

Prevention Pays

-Repetitive motion related work has resulted in workers being away from work a medium of 20 days, the longest absence of any injury or illness.

Occupational Safety and Health Reporter, Bureau of National Affairs, May 3, 1995, Vol. 24, No. 48

-A North Western Life Insurance study shows a saving of \$35 for every dollar spent on prevention.

Safe Worker, January 1995, National Safety Council

-A survey conducted by Health Insurance Association of America companies reported savings of \$11 for every \$1 spent on rehabilitation of savings per claimant ranging from \$1,500 to over \$250,000.

PT Bulletin, December 7, 1994

-A study by Washington Business Group on health found that companies that use physical therapists for risk management and injury prevention programs have saved up to \$600,000 dollars per year.

Private Practice Section, American Physical Therapy Association

-The direct and indirect costs related to one carpal tunnel surgery case have been estimated to be \$29,000. Therefore a company with a 3% profit margin will need \$996,666 in sales to cover one \$29,000 injury.

-A physical therapy exercise regimen for automobile workers with subacute low-back pain resulted in a 34% faster return to work.

Who are Physical Therapists? Issued by American Physical Therapy Association

-Because the nerve damage is cumulative over time, patients who identify their condition and receive treatment early have the best chance for permanent cure.

Is there a Cure for Carpal Tunnel Syndrome? Employers search relief for their employees. Safety & Health, February 1994.

-Research from Washington University School of Medicine in St. Louis indicates that physical therapy education and workplace modifications can effectively eliminate most patients' pain from carpal tunnel syndrome – and often do away with the need for surgery. “Surgery is often not necessary, nor recommended,” said Dr. Susan Mackinnon, a professor of surgery. “This translates into tremendous cost savings for patients and insurance companies.” CTD News, February 1995.

-The OSHA report states, “The agency cannot estimate the economic benefit to companies from implementing the ergonomic standards, but OSHA administrator Charles N. Jeffress said that in other instances where safety and health standards were developed employers could expect a \$4 return for every \$1 they spent to reduce the risk of work-related injuries.” Denver Post, February 22, 1999.