


Quality infographics for Dfl inputters

Private physiotherapy treatment for muscular dysfunction can be just as effective, regardless of age.


PRIVATE PHYSIOTHERAPY TREATMENT FOR MUSCULAR DYSFUNCTION CAN BE JUST AS EFFECTIVE, REGARDLESS OF AGE

Physio First is the trade organisation for chartered physiotherapists working in private practice; with approximately 3,000 members. Physio First members have been collecting data on patient outcomes across the UK since 2014.



THE EVIDENCE

This statement is based on an analysis of data in January 2020 from 3,251 patients seeking treatment for muscular tenderness /dysfunction. A one-way ANOVA demonstrated that there was no significant difference in FPS change scores between age groups [$F(3,3247) = 1.12, p = .34$].

 [physiofirst.org.uk](https://www.physiofirst.org.uk)

- All ages seeking treatment for low back pain experienced an improvement in condition.



ALL AGES SEEKING TREATMENT FOR LOW BACK PAIN EXPERIENCED AN IMPROVEMENT IN CONDITION

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THE EVIDENCE

This statement is based on an analysis of data in January 2020 from 4,612 patients seeking treatment for non-specific low back pain (NSLBP). A one-way ANOVA demonstrated that there was no significant difference between age groups in the FPS change score [$F(3,4608) = 2.02, p = .11$]



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95% of patients seeking private physiotherapy treatment are seen within one week.


95% OF PATIENTS SEEKING PRIVATE PHYSIOTHERAPY TREATMENT ARE SEEN WITHIN ONE WEEK

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95%

THE EVIDENCE

This statement is based on an analysis of data in January 2020 from 52,193 patients who were seeking the first available appointment. Of these patients, 49,794 (**95.4%**) were seen within one week.

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Treatment outcome is dependent on how quickly patients seek private physiotherapy, the sooner the better!

TREATMENT OUTCOME IS DEPENDENT ON HOW QUICKLY PATIENTS SEEK PRIVATE PHYSIOTHERAPY, THE SOONER THE BETTER!

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THE EVIDENCE



This statement is based on an analysis of data in January 2020 from 54,290 patients. The percentage of patients that were successfully discharged following treatment was significantly greater in those who experienced their symptoms for six weeks or less before commencing treatment (67.4%) compared with patients who had experienced their symptoms more than six weeks (57.7%) ($\chi^2 (1) = 543.3, p < 0.01$).



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Being seen for treatment by a private physiotherapist within 6 weeks of pain or injury results in a better outcome.

BEING SEEN FOR TREATMENT BY A PRIVATE PHYSIOTHERAPIST WITHIN 6 WEEKS OF PAIN OR INJURY RESULTS IN A BETTER OUTCOME

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THE EVIDENCE



This statement is based on an analysis of data in January 2020 from 51,975 patients. Patients who experienced their symptoms for 6 weeks or less experienced a greater FPS change score compared to patients who had experienced their symptoms for more than 6 weeks ($t = 27.1$, $df = 51973$, $p < 0.1$, $D = .41$).



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90% of patients attending for private physiotherapy receive a minimum of 3 different treatment modalities.

90% OF PATIENTS ATTENDING FOR PRIVATE PHYSIOTHERAPY RECEIVE A MINIMUM OF 3 DIFFERENT TREATMENT MODALITIES

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The Evidence

This statement is based on an analysis of data in January 2020 from 54,991 patients. Of these patients, 49,647 patients (90.3%) received three or more treatment modalities.



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Over 80% of patients receiving private physiotherapy successfully achieve or exceed their agreed goals

OVER 80% OF PATIENTS RECEIVING PRIVATE PHYSIOTHERAPY SUCCESSFULLY ACHIEVE OR EXCEED THEIR AGREED GOALS

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The Evidence

This statement is based on an analysis of data in January 2020 from 53,932 patients. Of these patients, 43,389 patients (80.5%) achieved their goals.

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