



## WHOLE BODY HEALTH PHYSICAL THERAPY

2330 NW Flanders St, Suite G1, Portland, OR 92710 - P: 503-223-1856 - F: 503-223-1765

I am writing to advocate for the passage of the bill that would allow 16 visits of physical therapy without requiring prior authorization. As a physical therapist practicing in Oregon, I have witnessed firsthand the harmful impact that prior authorization has on patient care, health outcomes, and healthcare costs.

One of the most striking examples of this issue is a patient I treated, whose medically necessary physical therapy was delayed due to Anthem Insurance's refusal to authorize further visits. This patient initially showed significant improvement with physical therapy, but when her care was put on hold due to insurance delays, her condition deteriorated. While we were fighting for authorization, the stress and frustration caused by the denial exacerbated her symptoms. She experienced increased tension in her neck and jaw, pain radiating down her arms, and began using more NSAIDs than when she was receiving therapy.

This patient's situation is far from an isolated case. Prior authorization requirements often delay timely access to physical therapy, causing symptoms to worsen and negatively affecting patients' quality of life. In many cases, insurance companies deny or delay necessary care, forcing patients to wait or accept subpar treatment options, which ultimately leads to higher long-term costs and worse health outcomes.

In addition to the negative impact on patients, the process of securing prior authorization wastes valuable time for physical therapists and other healthcare providers. The need for peer-to-peer evaluations takes away from time that could be spent directly treating patients. This is especially concerning when it comes to practices like mine, where the administrative burden of dealing with insurance approvals detracts from our ability to care for patients effectively and efficiently.

Allowing for 16 visits of physical therapy without requiring prior authorization would be a step toward ensuring that patients can access the care they need when they need it. It would eliminate the administrative barriers that prevent timely intervention, reduce unnecessary delays, and improve both health outcomes and overall healthcare efficiency.

I strongly urge you to support this bill and work towards its swift passage in the Oregon legislature. Doing so will help countless Oregonians access the care they need without the undue burden of insurance authorization processes.

Thank you for your time and consideration.

Sincerely,

Dr. Stacey Abosamra, PT, DPT (she/her/hers)  
Whole Body Health Physical Therapy