

LINKS TO RESOURCES FROM TODAY'S MEETINGS: JANUARY 17, 2023

LINKS TO TODAY'S DISCUSSIONS

- Website: [Click here to learn more](#) about the specialized areas of physical therapy. A great resource to help determine what type of physical therapy best fits your needs.
- **Webinar: Pieces of Mind: Mental Health and the Emotional Impact of Vasculitis**
This is a panel discussion about how vasculitis impacts our mental and emotional health. The presentation also discusses ways and strategies and coping mechanisms to maintain that emotional health.

VF Announcements for January 17, 2023

Victory Over Vasculitis

[Click here](#) to learn more about our new campaign, Victory Over Vasculitis (VOV).

Find resources addressing physical and emotional wellness, and how to be an empowered patient.

[Click here](#) to learn about other VF virtual support meetings

- Caregiver Support Group
- Parents of Children Support Group
- EGPA Cafe Zoom Chat

Patients in the Workforce Virtual Happy Hour Chat

VF 2023 USA Tour Stops

USA Tour Stops: Registration is now closed since we reached capacity. However, you can [click here](#) to be put on a waiting list for this event. March 4 from 9-1 at UCLA Santa Monica Hospital.

Upcoming USA Tour Stops: Mar. 18 Boston/Apr. 22 Ann Arbor



ARE PHYSICAL AND OCCUPATIONAL THERAPY BENEFICIAL FOR PEOPLE DIAGNOSED WITH VASCULITIS?

The American College of Rheumatology (ACR) conditionally recommends PT/OT as a beneficial intervention for people with vasculitis who experience substantial motor involvement. The ACR noted that physical and occupation therapy offer potential benefit with minimal risk.

Translation: If your vasculitis is impacting your ability to perform activities you used to be able to do, physical or occupational therapy may help, and it won't hurt. (Well you may be a bit sore afterwards, but it won't make your vasculitis worse.)

Patients who participated in the voting panel for the 2021 ACR/VF Treatment Guidelines for Vasculitis “expressed a high degree of enthusiasm for physical therapy as a modality for recovery and rehabilitation, in that they felt they had personally experienced benefit from physical therapy.”

That's the ACR's fancy way of saying, “People with vasculitis had a lot of good things to say about physical therapy and how it has helped them, but we don't have an official study that proves it works.”

POTENTIAL BENEFITS OF PHYSICAL AND OCCUPATIONAL THERAPY

This list comes from studies looking at the benefits of physical therapy in people with myositis. Myositis is an inflammation of the muscles, and in many cases there is no known cause. While myositis is not a type of vasculitis, it is also a disease in which there is evidence of marked inflammation. The ACR has used information from these studies to help them determine whether or not physical therapy would be beneficial for people with vasculitis.

Participants experienced improvements in their:

- Ability to perform activities of daily living
- Walking Speed
- Balance
- Strength
- Coordination
- Bone Density
- Pain Levels

No evidence was found of increased inflammation as a result of easy to moderate physical activity; in fact there is evidence that inflammation levels decreased.

PHYSICAL THERAPIST (PT): FOCUSES ON IMPROVING YOUR ABILITY TO MOVE YOUR BODY.

OCCUPATIONAL THERAPIST (OT): FOCUSES ON IMPROVING YOUR ABILITY TO PERFORM YOUR ACTIVITIES OF DAILY LIVING.

WHEN SHOULD YOU SEE A PHYSICAL OR OCCUPATIONAL THERAPIST?

- If you are having trouble walking/moving around because of pain, decreased strength, or lack of range of motion.
- If you are having trouble performing normal activities of daily living such as:
 - Bathing
 - Dressing
 - Eating
 - Transitioning from sitting to standing.

DO YOU NEED A DOCTOR'S REFERRAL FOR PT/OT?

- Some insurance providers require a referral before they will cover the cost of PT/OT, while others allow direct access to PT/OT. Check with your insurance company and/or call the PT/OT you are thinking about working with to find out.
- Care is covered under Medicare, as long as the physical therapist establishes a plan of care for the patient. Just keep in mind that for continued treatment, the physical therapist must have the plan of care approved and signed off by a licensed doctor.

*These guidelines apply to treatment in the USA only.

Let's Discuss

Have you tried OT or PT? Did you find it helpful?

What challenges have you had with getting your insurance company to cover your PT/OT? Do you have any tips for getting health insurance providers to cover PT/OT?

How do you find a good physical or occupational therapist?

What questions or concerns do you have about working with a physical or occupational therapist?

RESOURCES

CITED RESOURCES

- https://www.hss.edu/conditions_physical-therapy-and-myositis.asp
- <https://pinnaclephysicaltherapyga.com/about-direct-access/>

LEARN MORE

- <https://www.vasculitisfoundation.org/vov-physical-wellness-and-movement/>
- <https://www.choosept.com/>
- <https://www.choosingwisely.org/patient-resources/occupational-therapy/>