



DIRECT ACCESS

In New Jersey, patients are allowed to receive physical therapy services without a referral from other healthcare providers. This saves the patient time and money associated with making another appointment to get a PT prescription. Overall, direct access allows you to get the care you need immediately. Details regarding the direct access policy from the New Jersey Administrative Code is quoted below:

“REFERRAL OF PATIENTS AND CONSULTATION STANDARDS FOR LICENSED PHYSICAL THERAPISTS

a) A licensed physical therapist shall refer a patient to a health care professional licensed to practice dentistry, podiatry or medicine and surgery in this State, or other appropriate licensed health care professional:

1) When the licensed physical therapist during the examination, evaluation or intervention has reason to believe that physical therapy is contraindicated or symptoms or conditions are present that require services outside the scope of practice of the licensed physical therapist; or

2) When the patient has failed to demonstrate reasonable progress within 30 days of the date of the initial treatment.

b) Not more than 30 days from the date of initial treatment of functional limitation or pain, a licensed physical therapist shall inform the patient's licensed health care professional of record regarding the patient's plan of care. In the event there is no identified licensed health care professional of record, the licensed physical therapist shall recommend that the patient consult with a licensed health care professional of the patient's choice. In a school setting, the schedule of physical therapy services shall be reported to the child study team by the licensed physical therapist within 30 days of the date of initial treatment. “

Reference: <https://www.njconsumeraffairs.gov/regulations/Chapter-39A-State-Board-of-Physical-Therapy-Examiners.pdf>

NOTE: Patient is ultimately responsible for any cost incurred while receiving PT care that was not covered by patient’s insurance benefits.