Care To You Health Offers Arthritis Management Solution for Patients Avoiding Clinic Transportation Barriers

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Care To You Health, operating On-Demand Physical Therapy, has announced the expansion of its in-home physical therapy services to address a significant healthcare access challenge affecting arthritis patients throughout Orange County. The service model directly responds to documented barriers preventing patients from receiving consistent, evidence-based arthritis management.

Transportation challenges represent a substantial obstacle to healthcare access for individuals managing chronic arthritis. Research published in the American Journal of Public Health indicates that approximately 5.8 million Americans delayed medical care because they did not have transportation, with seniors and individuals with mobility limitations disproportionately affected. Patients with functional limitations are 2.6 times more likely to experience transportation-related barriers to care, disrupting continuity of treatment for chronic conditions like arthritis." Learn more at https://pr.timesofsandiego.com/article/On-Demand-Physical-Therapy-Launches-PT-For-Future-Me-Initiative-in-Response-to-National-Physical-Therapy-Month?storyId=68f02ba9862ce600025df4cd.

According to epidemiological data from the U.S. Department of Health and Human Services, approximately one in four American adults?roughly 54 million people?have diagnosed arthritis, representing a leading cause of disability and chronic pain in the United States. The condition requires consistent, ongoing treatment to manage symptoms effectively. Yet clinic-based physical therapy access remains limited by geographic proximity, transportation availability, and associated costs, creating gaps in care that directly impact patient outcomes.?

Arthritis management through supervised physical therapy represents an evidence-based standard of care. Multiple peer-reviewed studies demonstrate that physical therapy is for reducing pain and improving function in arthritis patients. Research published in clinical rehabilitation literature documents that supervised exercise therapy and physical treatment protocols produce statistically significant improvements in pain management, with benefits extending across various arthritis types, including osteoarthritis and rheumatoid arthritis. Physical therapy interventions address multiple mechanisms contributing to arthritis symptoms: reducing joint inflammation, increasing flexibility and strength through targeted exercise, and teaching proper body mechanics for daily activities.?

The at-home delivery model eliminates transportation-related barriers while maintaining clinical effectiveness. A randomized controlled trial comparing in-person physical therapy with internet-based exercise training programs for knee osteoarthritis found that internet-based intervention produced comparable outcomes to traditional clinic-based treatment, with participants reporting enhanced consistency in completing prescribed exercises.

Care To You Health's On-Demand Physical Therapy service provides licensed physical therapists who evaluate patients within their home environments, a clinical advantage that clinic-based practitioners cannot replicate. Home-based assessment allows therapists to identify environmental barriers to safe movement, recommend specific home modifications, and develop exercise programs that integrate seamlessly into patients' daily living environments. This approach has demonstrated efficacy in improving patient adherence to prescribed exercise protocols.?

Patient testimonials support the service model's accessibility benefits. Kevin Simmons, an arthritis patient utilizing Care To You Health's services, reported a successfully evaluation for critical mobility equipment, without the need to travel to the assessment.

The expansion responds to specific healthcare access data. Research indicates that seniors with transportation barriers are 43 percent less likely to receive preventive services, while those with reliable access to specialized services demonstrate significantly improved appointment adherence and health

outcomes.

"The clinical evidence supporting home-based physical therapy is substantial," said a spokesperson for Care To You Health. "Our service model directly addresses a documented access barrier that prevents arthritis patients from receiving the consistent, professional treatment they need. By bringing evidence-based physical therapy into patients' homes, we reduce the transportation obstacle while maintaining clinical effectiveness."

Care To You Health operates in Orange County, California, serving patients with arthritis and other conditions requiring rehabilitation services. More information about On-Demand Physical Therapy services is available through the company's patient intake process. Read more at https://ondemandphysicaltherapycaretoyou.com.

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On-Demand Physical Therapy Orange County

We safely deliver therapy in your home adhering to CDC guidelines, making your home therapy safe. We come to you which means no waiting in a clinic lobby, making your appointment convenient! We work with your schedule to maintain a normal routine.

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