

Elevating Healthcare Policies



AT A GLANCE

Every healthcare professional has an investment in seeing their patients' health outcomes improve: from general practitioners, to dentists, to physical therapists, these specialists see the impacts that tobacco use has on their patients and their recoveries. For these reasons and more, the team at Elevate Physical Therapy is dedicated to preserving a tobacco-free space for their patients.

PUBLIC HEALTH CHALLENGE

The American Academy of Orthopedic Surgeons outlines the many ways that smoking negatively affects joints and bones. Fragile bones are one example; increasing the likelihood of breakage and prolonging the recovery process. Physical therapists (PTs) often see patients when they are seeking pain relief or recovering from surgery. Knowing that tobacco use impacts the musculoskeletal system, and aiming to assist their patients back to their path to optimal health, PTs are valuable partners when advocating for tobacco-free living.

APPROACH

After successfully passing a policy, Advanced Physical Therapy's co-owner and tobacco champion introduced the District Tobacco Prevention Partners (DTPP) they had worked with to other physical therapy clinics and promoted their policy strengthening initiative. Elevate Physical Therapy's managing partner was eager to connect with their local DTPP and review MaineHealth's recommended language for healthcare agencies.

RESULTS

After updating their language to meet MaineHealth's model policy, Elevate Physical Therapy requested printed materials to have available for their patients. This included information on the health impacts of smoke and how to connect with the Maine QuitLink. Elevate Physical Therapy exemplifies the many ways healthcare professionals can support their patients and their health!

"I am pleased to do my part to create a smoke free Maine."

*-Jonathan Cowie,
Managing Partner of Elevate Physical Therapy*



For More information contact us at

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MAINE PREVENTION SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services