

# Apos® Demonstrates 43% Reduction in Healthcare Utilization and Costs for Patients with Knee and Back Pain

*New study shows Apos® treatment reduces healthcare costs by 43% for knee OA & low back pain patients.*

NEW YORK, NEW YORK, UNITED STATES, June 4, 2024 /EINPresswire.com/ -- A recent study published in the Journal of Healthcare Economics Outcomes Research<sup>1</sup> highlights the substantial impact of Apos® on healthcare resource utilization (HCRU) in patients with knee OA and low back pain. The study, which analyzed 585 patients before and after using Apos®, found a 43% decrease in overall costs of care (1, <https://pubmed.ncbi.nlm.nih.gov/38765914/>).

One in 7 US adults has knee osteoarthritis (OA), and almost two-thirds of them suffer from low back pain. OA is the third most rapidly rising condition associated with disability and leads to a significant burden on the healthcare system and society.

## Key Research Findings:

79% Reduction in Diagnostic Claims: □ Patients experienced fewer diagnostic procedures, indicating improved symptom management.

70% Decrease in Outpatient Services: □ The need for outpatient visits dropped significantly, reflecting enhanced patient outcomes and convenience.

22% Decrease in Non-Operative Treatments: □ Non-surgical treatment interventions substantially declined.

61% Decrease in Pain Medications: □ Including an impressive 85% reduction in opioid use, demonstrating better pain control with fewer pharmaceuticals.

44% Decrease in Intra-Articular Injections: □ The need for joint injections was significantly minimized.

"These findings highlight and strengthen the remarkable effectiveness of Apos® in reducing pain, enhancing patient function (2), and significantly lowering healthcare costs (3). This offers substantial value to insurance providers aiming to optimize their cost of care. Our non-invasive, drug-free approach delivers significant benefits for patients and the entire healthcare system," said Cliff Bleustein, MD, MBA, CEO of AposHealth.

The study highlights Apos®'s potential to revolutionize the management of knee and back pain, offering a viable alternative to traditional treatments that often involve higher costs and greater

risks.

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About AposHealth□□

We at AposHealth are passionate about revolutionizing the treatment of musculoskeletal conditions by simply addressing peoples' gait to help alleviate pain and help them move and live better. Our flagship solution, Apos<sup>®</sup>, is FDA-cleared to temporarily reduce knee pain caused by osteoarthritis. It can also be used as a general wellness device to help patients live well with lower back and hip pain. With over 120,000 patients treated and over 70 peer-reviewed publications supporting the science behind Apos<sup>®</sup>—as well as its clinical effect, this system—consisting of gait analysis, personalized foot-worn device, and a customized treatment plan—has helped patients worldwide move, live, and thrive.□□

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Visit for more information□[www.aposhealth.com](http://www.aposhealth.com)□

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Sources□

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(3)Shema-Shiratzky S, Mor A, Elbaz A. Non-Invasive Biomechanical Intervention Leads to Low Rates of Total Knee Replacement and Reduced Utilization of Healthcare Resources among Older Adults with Chronic Knee Pain: A 5-Year Follow-Up study. Journal of Musculoskeletal Disorders and Treatment 2023, 9(1):121. DOI: 10.23937/2572-3243.1510121.□□

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