



# FINISH STRONG

PHYSICAL THERAPY + PERFORMANCE

May 13, 2025

Senator Bailey, Representative Mathieson, and Honorable Members of the Health Coverage, Insurance and Financial Services Committee,

My name is Dr. Matthew Somma, PT, DPT, and I am a licensed physical therapist and the owner of Finish Strong Physical Therapy & Performance, a small private practice located in Portland, Maine.

I am writing today to respectfully urge you to vote **"Ought to Pass" on LD 1785**.

Finish Strong Physical Therapy & Performance was founded in 2020 with a mission to provide high-quality, individualized care to the people of our community. From the outset, we made the intentional decision to operate as an out-of-network practice. This decision was not made lightly—it was driven by the economic realities of running a practice in today's healthcare landscape.

Reimbursement rates from insurance providers have remained largely stagnant for years, even as the cost of doing business—rent, supplies, continuing education, and salaries—has increased dramatically. These financial pressures make it increasingly difficult for providers to maintain the quality of care that our patients deserve while also keeping our doors open.

By operating outside the constraints of insurance contracts, we've been able to offer longer, more personalized sessions, avoid high-patient volume models, and deliver care that aligns with best practices—not billing requirements. This model has allowed us to focus entirely on outcomes, not administrative burdens.

LD 1785 is an important step toward improving transparency and fairness in the healthcare system, and it supports providers like myself who have chosen a different path in order to maintain quality care. I believe this bill reflects a necessary shift toward valuing the professional expertise of healthcare providers and the right of patients to access care in a model that best suits their needs.

Thank you for your time and consideration, and for your commitment to improving healthcare access and equity in Maine.

Sincerely,

Dr. Matthew Somma, PT, DPT

Finish Strong Physical Therapy & Performance

Portland, Maine