

TIPS FOR A BETTER REHABILITATION EXPERIENCE:

Dress in comfortable clothing which allows the involved area to be exposed if needed. Tennis shoes and/or work out clothes are acceptable, no open toes shoes.

Arrive 15 minutes early for your first appointment to allow time for our initial paperwork with your insurance card and photo id.

You should anticipate that your first visit will take about an hour. We will be performing a comprehensive evaluation, and you will most likely receive treatment and home exercise on your first visit.

Bring your calendar so that we can schedule future visits. Typical follow-up sessions take 30 min. to 1 hour, depending on the individual program determined by you and your therapist.

Be consistent with your attendance. Although occasionally injuries respond very quickly to physical therapy, most often it is a process that takes anywhere from two to several weeks depending on the extent of the injury, surgery, or problem. Being consistent with your appointments will avoid unnecessary delays in the healing process and allow for consistent progression.

Communicate any concerns or issues with your physical therapist. The more you understand about your injury or condition and your plan of care, the better.

Notify your physical therapist and/or front office of any physician or testing appointments you may have. This allows your therapist to communicate with your physician about your progress in therapy and give the physician more information to assist with your care.