

## **What is Physical Therapy?**

PT is a health profession dedicated to:

- Preventing and managing pain
- helping you maintain mobility and quality of life without the need for surgery or prescription medications, in most cases.

## **How can a PT help me?**

Physical therapists are experts in the way the human body moves. They use treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. They will also help you prevent loss of mobility by developing fitness- and wellness-oriented programs to help you achieve a healthier and more active lifestyle.

## **What should I expect?**

Treatments are uniquely customized to each patient. Services include, but non limited to:

- Thorough evaluation
- joint mobilization and/or manipulation
- Muscle energy techniques
- myofascial and soft tissue work
- guided therapeutic exercise
- modalities (electrical stimulation, ultrasound, taping, ...)

## **Is it covered by my insurance?**

In most cases, yes. As a patient you also have the option to pay out of pocket. Understandably, a personal expense is not desired. Though, when compared to the cost of extensive testing, surgery or medication, it may prove to be worth while.

## **How long is an appointment?**

Appointments last anywhere from 30 minutes to 1 hour, depending on your specific condition and needs. Please arrive 15 minutes early for your first appointment to complete the paperwork.

## **How can I see a physical Therapist?**

Patients have direct access to PT and can come in or call directly to schedule an appointment. Your physician may also refer you to a physical therapist.

