



CaringEdge Physical Therapy:

We believe in our patients reaching an optimal level of health through movement based treatment, corrective exercise and a hands-on manual therapy approach to address injury, pain and functional limitations. Helping others is our passion. We do so by:

- Providing a thorough examination to determine the source of your pain/symptoms
- Being sensitive to your wants and needs
- Creating a plan of care that is specifically designed with your goals in mind
- Using the most up to date, research based treatment options
- Utilizing a hands-on, manual therapy approach in addition to prescribing specific corrective exercise to fully rehabilitate your injury, restore function and address your primary pain or concern

Your life **restored.**



FAQ's:

Can I receive Physical Therapy services without a physician's referral?

Most often, yes! Occasionally an insurance company will require its Members to see a doctor before seeing a PT. If you think that may be the case with your particular insurance provider, just let us know and we'll be more than happy to check on that detail for you. Meanwhile, because physical therapists are trained, clinical experts in assessing and treating musculoskeletal conditions, more often than not you won't need a referral to see a PT. If your particular problem requires treatment that is outside our expertise, we'll help you find a qualified physician or other trained medical professional who can help.

What should I expect on my first visit?

On your first visit you will be greeted by our staff who will help you fill out any paperwork required. We will call and check on all of your insurance benefits for you and provide that information in writing. We understand that dealing with insurance companies can often be confusing and intimidating, so we will happily help you understand how physical therapy is covered under your insurance plan.

You will be seen by a licensed Physical Therapist who will discuss the following:

- Your medical history
- Your current condition, problems and complaints
- How your condition is affecting your normal activities
- What your specific goals are for Physical Therapy

Your Physical Therapist will then perform a thorough physical examination designed for your specific problem. This may include:

- Range of motion testing
- Strength testing
- Neurological screening
- Special tests to accurately diagnosis your condition
- Perform gait, balance, and posture analysis
- Palpation (feeling the condition of muscles, joints and bones)

Your Physical Therapist will then develop a specific plan based on your unique condition. This plan will have your specific goals in mind and will address your concerns as thoroughly as possible.

How long will each treatment last?

Therapy sessions typically are 45-60 minutes.

What types of treatments will I receive?

Our therapists are trained to provide effective treatments including:

- Manual therapy and hands-on care to restore joint movement, relax muscle tension, and improve flexibility and subsequently reducing pain
- Prescribe corrective exercises to address strength and range of motion deficits, as well as improve functional movement patterns and mobility
- Prescribe corrective activities to improve balance reactions, reduce fall risk and make you more independent and safe during all your daily activities

Can I choose where I go to for Physical Therapy?

Definitely. You have every right to choose your clinic and your Physical Therapist. We often see patients who have been told they must see a therapist at their doctor's office or at the hospital but you have the right to choose where to go for Physical Therapy.

Why should I choose a private practice Physical Therapist?

There has been a significant amount of research done on this topic over the years and numerous research studies support that patients seen by private practice PTs:

- Are more satisfied with their care.
- Received fewer overall visits (studies showed 39%-45% less visits).
- Had significantly lower costs for their care (studies showed 30%-40% less).

What kind of education will my Physical Therapist have?

Almost all Physical Therapist now have a Doctor of Physical Therapy (DPT) degree.

