



Physical Therapy 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 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.



How can Occupational Therapy benefit you?

Occupational Therapy is much more than just dressing, showering and toileting cares. It entails working with patients to help achieve a fulfilled and satisfied state in life through the use of therapeutic activities designed to promote health, prevent injury or disability, improve, sustain and restore the highest possible level of independence. Here are some of the signs occupational therapy can benefit the residents of Edgewood and the 55 + community:

Endurance

- Difficulty standing at the sink to complete grooming tasks (shaving, brushing teeth, etc).
- Difficulty getting to meals without excessive sitting rest breaks.
- Difficulty completing morning routine (dressing, toileting, etc) without a rest break.
- Taking longer time to complete tasks for self or difficulty standing for a period of time.

Balance

- Difficulty accessing items in their home (kitchen, refrigerator, closet, bathroom cupboards).
- Difficulty picking clothes out of the closet or putting away laundry.
- Increased time with functional transfers (toilet, shower, bed, recliner).
- Bumping into furniture, walls or doorways while walking.

Cognition

- Remembering daily schedules (times of meals, favorite activities).
- Difficulty sequencing familiar tasks (putting paste on brush before cleaning teeth).
- Difficulty locating familiar items in home environment (sock drawer).

Coordination

- Dropping items (eating utensils, brush, newspaper).
- Difficulty opening containers (medications, bottle of water, ensure).
- Difficulty multitasking (holding cup of water in one hand while the other hand places pills in mouth).

Home safety

- Narrow walk ways in home
- Clutter
- Throw rugs or visible cords
- Poor placement of furniture (lamp shade behind chair)



Do you know the signs?

Speech Therapy

Adult Speech Therapy services are often misunderstood and underutilized, thus many adults who need treatment go unserved. Would you know the signs if you or a loved one needed treatment? Get in the know and spread the word for adult speech pathology services offered here at CaringEdge!

Signs of a Cognitive Deficit

- Difficulty keeping track of medications, paying bills/balancing checkbook, following recipes, or completing other daily life tasks
- Increased forgetfulness
- Getting lost going to familiar places

Signs of Speech/Language Deficits

- Difficulty expressing wants and needs clearly
- Increased frustration when trying to communicate
- Difficulty with word-finding
- Increasing slurred speech, others often having difficulty understanding your speech

Signs of Swallowing Impairment

- Difficulty swallowing food, pills, or drinks
- Frequent coughing/choking during meals
- Feelings of food/medications getting stuck
- Difficulty pushing food to the back of the mouth to swallow it

Signs of a Voice Disorder

- Change in vocal quality (e.g., hoarse, rough, weak, etc)
- Difficulty speaking loudly enough for others to hear you

