

What to Expect During Your First Physical Therapy Appointment

1. Your first visit with our Physical Therapist (PT) will be approximately 1 hour. During this time, our PT will review your health history and physical therapy needs with you. Your injury/condition will be evaluated to determine the best plan of care to help you.

2. What to wear: **Dress comfortably. Wear comfortable shoes** that you can walk safely in. We have gowns and shorts so you don't have to bring anything in particular unless you want to. We have private rooms for your evaluation and you may also be in our gym area if treatment indicates use of some of our rehabilitation equipment.

3. What to bring:
 - your insurance cards;
 - driver's license or other form of identification;
 - any medical records your physician may have given you;
 - your physician referral if he/she gave one to you. (If you do not have records or a referral, we will contact your physician if we need them);
 - **a full listing of any medications you take regularly.**
****THIS IS EXTREMELY IMPORTANT****
This would include vitamins, herbals, over the counter medications and prescription medications.

4. **Come to your first appointment 30 minutes early** to complete any necessary paperwork that was not included in forms you may have received by email. Insurances now require functional outcome tests for physical therapy. These tests are completed on computer. We will gladly assist you with this in our office.

5. If you are unable to come to your appointment, please call 24 hours ahead and we will work with you to reschedule. A \$25 NO SHOW charge will apply if you miss 3 appointments without calling to reschedule or cancel.

We look forward to seeing you!