

PREPARING FOR YOUR FIRST APPOINTMENT

Frequently asked Questions

WHAT SHOULD I WEAR?



You do not need to be in exercise clothes! Wear something that is comfortable to you and will allow the therapist evaluate what you are being treated for.

Example, if you are being seen for an elbow injury wearing a short sleeve shirt is helpful.

WHAT SHOULD I BRING?

It is always helpful to fill out the new patient forms ahead of time and bring them in as well as your medical insurance card. If you were referred by your physician bring in any paperwork from them as well.



WHAT CAN I EXPECT AT THE FIRST APPOINTMENT?



Your first appointment is what is called the evaluation. At this appointment you and your PT will talk about why you are in to see them. At this time there will be a plan of care set in place and goals made.

HOW OFTEN WILL I GO TO PHYSICAL THERAPY?

Most people will have Physical Therapy 1 to 2 times a week. During your evaluation appointment this will be determined by you and your physical therapist on what they recommend and what works best for your schedule.



HOW MUCH WILL PHYSICAL THERAPY COST?



The cost of Physical Therapy is based on your insurance plan. It is always a good idea to check with your carrier before your appointment what your Physical Therapy benefits are. If you do not have insurance we offer a per visit rate.

Thank you for choosing Excel Physical Therapy!