



**TexPTS...”The Best in Musculoskeletal Care”**

## **THE MOST FREQUENTLY ASKED QUESTIONS ABOUT PHYSICAL THERAPY**

### **What is Physical Therapy?**

Therapists are licensed professionals who work with people that have pain and/or sustained disabilities, impairments, or limitations in their overall physical function. These deviations can be the result of disease, injury, or pathological processes. Physical therapists examine, evaluate, diagnose, develop treatment plans, and provide prognosis for each patient on an individual basis. Through the modalities of exercise, joint mobilization/manipulation, heat, cold, and electrical stimulation, physical therapists work to restore function, improve mobility, and decrease pain with the goal of re-establishing a patient’s prior functional level.

Physical Therapists focus on the evaluation of strength, balance, range of motion, co-ordination, endurance, and posture of each individual patient. From this initial examination, the physical therapist then develops a treatment plan specific to correcting pertinent physical

findings. Each patient's individual treatment plan is geared toward reaching specific rehabilitation goals that are set by the therapist and the patient together as a team. However, the physical therapist will help in determining realistic goals through their knowledge of pathology and prognosis. Evidence based rehabilitation strategies include: spinal and joint manipulation/mobilization, specific exercise to strengthen and re-educate key musculature, cervical and lumbar traction, assistance in identifying and confronting psychosocial concerns that may limit progress if left untreated. In certain patient populations, assistive devices such as crutches, canes, and walkers are often used to increase patient independence.

Over the course of the rehabilitation period physical therapists document progress, re-evaluate physical findings, and modify treatment strategies as appropriate.

In recent years, a move to Evidence Based Practice can result in

major differences in how patients are treated and, if followed, will improve the likelihood that a patient will experience success with PT. Unfortunately, not all of the profession has embraced the new changes and instead opt to use antiquated techniques and methodologies. It is difficult as a consumer to detect if your PT or other practitioner is evidence based as the PT themselves may not be aware of their own shortcomings. If you are experiencing a high volume of modalities and passive treatments (ultrasound, electrical stimulation, massage, hotpacks), or if the clinic does the same treatment for all patients (i.e isokinetic machines for all patients with low back or neck pain) you may be working with a PT/clinic who is not practicing according to the current best evidence and thus receiving suboptimal care.

### **Why Outpatient Physical Therapy?**

The goal of outpatient physical therapy is recovery of strength and mobility so you can return to work, activity, and self-sufficiency. The typical



treatment lasts from 30 to 60 minutes; your first appointment will include an evaluation by the physical therapist and will last a little longer. Each therapy session will usually include some hands-on manual therapy, movement intervention, or exercise and you will learn and practice injury prevention techniques.

### **How do I arrange an Appointment?**

Simply call the TexPTS clinic.  
Hours are by appointment from 8:00 a.m. to 5:00p.m. Monday through Friday.

### **What Should I Bring With Me?**

Please bring your prescriptions and any notes or reports from your doctor that

### **What if I Have To Cancel An Appointment?**

Simply call the office where the appointment is scheduled and notify the receptionist. Please try to give us 12 hours notice, and preferably 24 hours, so that someone else can use your appointment time.

### **What About Insurance?**

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describe your condition. Also, bring any x-rays or other test results that your doctor may have given you. If you wear a brace or prosthesis, you should bring it also. If you are being seen for a low back or lower extremity problem, bringing a pair of loose-fitting shorts; it makes things a lot easier for us and better preserves your modesty than one of those floppy gowns!

### **What about Emergencies?**

If you believe you have re-injured yourself, or if another medical emergency arises, you should contact your regular physician.

### **What If I Have More Questions?**

Don't hesitate to ask your therapist any questions about your treatment. We want you to understand what is happening so that you can learn how to help yourself.

TexPTS is a participating provider in Medicare and most other medical insurance plans. We also accept Worker's Compensation and auto accident medical coverages. Please be prepared to give our receptionist your insurance information; TexPTS will verify your coverage with your insurance carrier and if there are any questions, we will let you know.

If you are unsure of your therapist's instructions or your home exercise program, please call and discuss your concerns.

### **What About My Regular Doctor?**

We do not replace your regular physician. You should continue to consult with him or her for all your medical needs. During your physical therapy treatment, we will communicate frequently with your physician and provide him or her with copies of your evaluation, progress reports, and discharge summary.

### **How Do I Pay My Portion Of The Bill?**

We will discuss payment with you during your first visit. Co-payments for each visit should be paid during the appointment. We will file any necessary insurance claims and let you know if any additional payment is required.

### **What Else Do I Need To Know?**



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Just this: to a large extent, the speed and quality of your recovery depends on you! You are a partner in the treatment plan formed by your therapist and your

physician and with hard work and perseverance you will achieve the best possible outcome.

Please contact us at (830) 625-7310

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