

WELCOME TO ORTHOPEDIC & SPINE PT!

WHAT CAN I EXPECT AT MY FIRST VISIT AND MY SUBSEQUENT VISITS?

1. On your initial visit you will be checking in with the receptionist. Please provide your insurance card, ID and a prescription from your doctor if you have one.
2. You will be filling out some paperwork so please arrive a little early to help us keep on schedule. The receptionist will tell you to arrive at the :00 hour however, our new evaluations are scheduled on the :15 hour.
3. What to wear? When we evaluate your injured body part, we need to be able to view the area. Please wear loose fitting clothes that are easily removed or adjusted to allow that. It is always a good idea to wear loose fitting clothes or shorts. Please wear athletic or walking shoes since much of our treatment involves exercise.
4. The therapist will greet you in the waiting room and they will escort you to a private treatment room. You may bring a person with you into the exam room. The evaluation could take up to 1 hour depending on the body part or problem.
5. If you have a coat, there are coat racks: at the entrance, near our water cooler and in the treatment rooms.
6. Your therapist will usually apply an exercise routine or treatment the first day to get you started in your recovery.
7. After the first visit, you will check in with the receptionist who will send you to the sitting area near the water cooler. The aid can often get you started on your visit for heat or to assist you on a warm-up routine.
8. Your subsequent visits often start with heat or a warm-up program before the therapist applies skilled therapy.
9. Your visit will last anywhere from 30 minutes to 60 minutes depending on the injury. Treatment may include modalities, manual techniques and exercise.

