

FAQ

What happens during my first visit?

After entering the clinic you will review all current insurance and personal information to verify accuracy in your chart. A Physical Therapist will perform an evaluation on the area of pain or impairment. An evaluation consists of measuring your strength, functional impairments, and range of motion. Following completion of the evaluation, as well as performing special tests your Physical Therapist will discuss your plan of care and goals for Physical Therapy. Lastly, you will then schedule with the receptionist for future appointments.

What do I need to bring with me?

You should bring the prescription that was written by your doctor for Physical Therapy. You will also need to bring your driver's license, insurance card and any additional health information (such as a list of medications/medical history and any MRI or x-ray reports pertinent to area being treated/examined).

How should I dress?

During your physical therapy sessions it is recommended that you wear loose fitting clothes in order to move without restriction.

How long will each treatment last?

The initial evaluation can take between 30-45 minutes. The follow-up therapy sessions can last between an hour to an hour and 15 minutes.

How many visits will I need?

This depends on the diagnosis, level of dysfunction, and rate of progression. Everyone progresses differently and the consistent performance of the Home Exercise Program is key.

Why is physical therapy a good choice?

Physical therapy can restore strength and mobility without the possible need for medications or surgery. In post surgical situations, Physical Therapy can help you regain function and motion more quickly.

What do Physical Therapists do?

Physical Therapists can assess strength, range of motion, flexibility and joint movement/motion as well as design a treatment plan to address the dysfunctions. This plan

includes manual therapy, gym therapy, pain modalities (if needed), a home exercise program and patient education on the diagnosis and how to prevent further issues.

Why are people referred to physical therapy?

Physical Therapy is prescribed to assist in the path of recovery from a movement dysfunction, pain disorder and/or surgery. Physical Therapists can often focus on the areas of need and tailor a program to address these needs to accelerate the healing process and educate the patient on how to prevent further issues.

Why should I choose a private practice physical therapist?

Private practice Physical Therapists will have more freedom to custom tailor treatment plans to the needs of each patient since protocols will not be dictated to them as they are in many corporately owned facilities.

Who pays for the treatment?

If you have health insurance with physical therapy benefits, we will file claims for your physical therapy services with your carrier. You will be responsible for any deductibles, coinsurance, and copayments as dictated by your carrier.

Who will see me?

Each visit you will be re-assessed and treated with appropriate manual therapy techniques by the Physical Therapist that evaluated you. In addition you will be directed and guided by Physical Therapists, physical therapy assistants, and physical therapy techs in the gym area for the therapy, exercise and modalities.

Are there physical therapy specialists?

Yes. Specialization includes: Orthopedic Certified Specialists (OCS), Geriatric Certified Specialist (GCS), Neurologic Certified Specialists (NCS), Sports Certified Specialists (SCS), and Certified Manual Therapists (CMT)

Is physical therapy painful?

All patients perceive pain differently when recovering from an injury/surgery. The goal is to perform therapy exercise in a pain free range of motion and apply inflammation-reducing modalities (ice and electrical stimulation) to help control soreness after exercise. If any significant pain should occur, we ask the patient to inform us immediately so we can adjust the treatment plan.

Will I get a massage at physical therapy?

During the course of your physical therapy, with most injuries you will receive some type of soft tissue mobilization or other type of “hands on” techniques in order to assist in your recovery. Physical Rehabilitation Institute also offers an in-house massage therapist with whom you can schedule appointments with a variety of massage techniques to choose from.

What happens if my problem or pain returns?

Pain can occur after your rehabilitation process is over. If this happens, it is best to give your doctor’s office a call to obtain a new prescription. Patient can always call the clinic to speak to the Physical Therapist to ask any questions concerning their issues.

Can I go to any physical therapy clinic?

Yes, you have the right to choose any physical therapy clinic. Often times the referring doctor has a preference of companies/clinics and he/she will recommend that particular facility. The choice is always yours.

Can I go directly to my physical therapist?

Currently the state of Texas requires that we receive orders from a Medical Doctor and obtain a prescription for Physical Therapy. We can evaluate a patient without a doctor referral but we cannot perform subsequent treatments until obtaining the doctor’s prescription.

Can my therapist provide me with a diagnosis?

A Physical Therapist provides patients with a physical therapy diagnosis; this is not a medical diagnosis.

How does the billing process work?

If you have health insurance with physical therapy benefits, we will file claims for your services with your carrier. Any deductibles, coinsurance, and copayments (as dictated by your insurance carrier) will be collected at the time of each visit.

Is my therapist licensed?

Yes, all of our therapists at PRI are licensed.

How do I choose a physical therapy clinic?

You can follow the recommendation of your physician in addition to checking the provider network with your insurance carrier. Unless there is a worker’s compensation

restriction, you (as the patient) have the final say in who you choose as your physical therapy provider.

What is your privacy policy?

Your privacy is important to us. We abide by HIPPA and keep our records confidential.