

# About

## FAQ's

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#### ***What is a Physical Therapist?***

*A Physical Therapist is a specialist in treating musculo-skeletal and movement disorders. Pain often accompanies or is a symptom of a movement disorder. A Physical Therapist can help correct the disorder and relieve pain. Physical Therapists also focus on a patient's functional abilities. All of our Physical Therapists have a Master's or Doctorate degree in Physical Therapy from an accredited University.*

#### ***Why do I need Physical Therapy?***

*If you have pain or limitations, physical therapy can assist you in returning to your optimal function. If you want to avoid injury, or rehabilitate from an injury, we will treat you and help educate you in proper movement patterns. We will discuss goals at your initial evaluation.*

#### ***How long will I be in therapy?***

*Every patient and their treatment plan is different. In your initial evaluation with your Physical Therapist, we will determine a plan of care. Some patients need just one or two visits; others need months of treatment; most patients are in between these extremes. We will re-evaluate monthly and when you return to see your doctor.*

#### ***How long is an appointment?***

*The initial evaluation will take forty-five minutes. Follow up visits are typically 45-60 minutes depending on your treatment plan.*

#### ***What should I wear to my appointment?***

*You should wear loose fitting clothing that will expose the area that we will be evaluating and treating. If you have a knee or leg problem, it is best to bring or wear shorts. For a shoulder issue a tank top works well.*

#### ***How long will it take before I feel better?***

*There are many factors in determining when you will feel better. Your Physical Therapist will discuss this with you at the initial evaluation.*

#### ***What are the benefits of the clinic being in an athletic club?***

*We have access to the state of the art facilities, including cardio-vascular equipment, weight circuit equipment and a therapeutic pool. Your treatment may consist of activities on this equipment. You can continue your program at your club or join our club, after your physical therapy treatment ends.*

#### ***How much will my appointments cost me?***

*In many cases, health insurance will cover a portion of your treatment. We are happy to check your coverage as a service for you. If you do not have health insurance or would like to self-pay, we offer discounts for time of service payment.*

***Is Physical Therapy covered by insurance?***

*Most insurance companies cover physical therapy treatment. Depending on your plan, you may need to pay a co-pay, co-insurance or deductible. Please discuss this with our office and we will verify your benefits. We have contracts with many, but not all, insurance companies.*

***Do I need a referral from my doctor?***

*A referral is required by some health plans, but not all. Check with your insurance company. Oregon is a Direct Access state, which means that you can choose to get physical therapy without a referral. However, some insurance plans may still require a referral in order for them to pay for it.*

***Does my insurance company need to authorize my visits to Physical Therapy?***

*Many insurance companies require “pre-authorization” to assure medical necessity, in order for them to pay for the visits. In such cases, authorizations need to be obtained throughout your treatment. We will track this, but you can help. Please work with our front office to assure that proper authorizations are in place throughout your treatment.*

***Can I receive care from a physical therapist and a chiropractor at the same time?***

*Yes. Although insurance will not pay for the same care from two providers at the same time. Your Chiropractor and Physical Therapist should work together to provide you with the best care possible.*

***I have small children, can I bring them?***

*We have family-friendly clinics. We offer day care at both facilities through the athletic club at no cost to you. This service is temporarily suspended due to the CoVid Pandemic.*

***Can I go directly to my physical therapist?***

*In Oregon, we have Direct Access, which means you can go directly to see a physical therapist. We will need to check if your insurance requires a physician referral or authorization.*