

Powhatan Physical Therapy Corporation

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THE TOP TEN TEAMWORK TIPS THAT WILL FACILITATE YOUR SUCCESS AT POWHATAN PHYSICAL THERAPY!!

1. Please contact your insurance company to confirm your outpatients' physical therapy benefits re: authorization, deductible and co-pay amounts if applicable, etc.
2. If applicable, Medicare requires you to see your referring physician 60 days after an initial visit with us and every 30 days thereafter during the course of your treatment. Please make your 30-day follow-up appointment well in advance and acquire a **new prescription** from your doctor to continue treatment.
3. Your home exercise program is designed to compliment your treatment here at Powhatan Physical Therapy. Progression toward your goals is dependent upon your consistency and adherence to your home exercise program.
4. Understand that your pain may fluctuate as treatment progresses and an increase in discomfort is not a reason to cancel treatment, but rather an opportunity to modify your specific plan of care. A decrease in pain presents a positive change that will allow us to address more aggressively the true root-cause of your situation.
5. In order to communicate effectively with your referring physician, please notify us prior to your follow-up visit to allow us to send a progress report with you.
6. If you are covered by worker's compensation, your employer considers physical therapy a temporary workplace. Therefore, attendance should be treated accordingly. Documentation of missed visits is forwarded to your case manager and referring physician and this could jeopardize your claim.
7. We require 24 hours notice for appointment cancellation. If you need to change an appointment, please call with an alternative time in mind to fulfill your prescribed frequency of treatment. Without proper notice, a \$35 cancellation charge will be applied, payable by you personally (not your insurance), so please respect this.
8. Co-payments are expected upon receipt of physical therapy services.
9. Please keep communication lines open with your treating therapist to help keep you moving in the right direction.
10. Your rehabilitation is a team effort; work hard, communicate your concerns, have fun and maintain a positive attitude.

Patient Signature

Date