



A GUIDE OF WHAT TO EXPECT

PATIENT COURSE OF TREATMENT

ALL PATIENTS RECEIVING PHYSICAL THERAPY SERVICES AT OUR FACILITY FOLLOW A CERTAIN PATH, OR COURSE OF TREATMENT. AS YOU GO FROM VISIT TO VISIT, THERE ARE A FEW THINGS YOU CAN EXPECT.

STEP 2: FIRST VISIT



You will speak with our office first. There may be a few additional forms to complete. If you were unable to get the forms done beforehand, please arrive 10-15 minutes early for your visit to complete our intake forms. Make sure you bring in everything we mentioned above.

STEP 3: MEETING WITH YOUR PHYSICAL THERAPIST



You will work directly with a licensed Physical Therapist at your initial intake evaluation and at each of your follow up visits. At the completion of your first session, you will have:

- ☐ A solid education regarding your problem, including pictures, handouts or information from the web
- ☐ What should you avoid doing? Sometimes stopping bad habits and or activities that worsen your symptoms will help you out
- ☐ What should you do more of? You will leave the clinic with an individualized home program you should start later that day
- ☐ A list of appointment times to return for your sessions
- ☐ An understanding of what your insurance costs will be each session
- ☐ An understanding about how consistency will help your problem get better faster

We will also send your doctor a detailed report of what we found and what your plan will be.



STEP 4: FOLLOW UP MEETINGS WITH YOUR THERAPIST

You will have regularly scheduled times with your therapist working on activities that are to hopefully improve on your restricted area of your body.

STEP 1: FIRST CALL



When you make your first call to our office, you will gain valuable information you need for your first session. You should be kindly and warmly greeted by a member of our office team.

By the time you are done you will know:

- ☐ **Our address:** We are located in the rooster plaza. 411 West Main Street, Suite 3 in Northborough.
- ☐ The **date** of your first appointment.
- ☐ **What you'll need** to bring with you. (any paperwork from your physician, insurance cards, ID's and payment for your services)
- ☐ **What to wear:** Loose fitting clothing and comfortable foot wear
- ☐ The **duration** of your session: About 1 hour.

We will have some registration forms you will need to complete before you come in. We can send you a link, so you can print the forms, fill them out at your convenience and then bring in the completed forms when you arrive.

STEP 5: PERIODIC RE-ASSESSMENTS



About every month, you will sit down with your therapist to determine:

- ☐ Are you meeting your goals?
- ☐ Do you have an exercise program you can manage?
- ☐ What are your post PT fitness goals?

We will send a report from these visits to your doctor.

STEP 6: LAST FORMAL SESSION



Your last session with your therapist is about planning for the future. You will make sure you:

- ☐ Know what you **SHOULD** be doing and what you **SHOULD NOT** be doing
- ☐ Have a post PT plan for exercise at home, participate in our PT After Care program or at a local fitness facility or gym

During this session, we will take some final measurements to update your referring doctor. We will ask you more about your experience and hope you'll share your impressions with your doctor. **IF YOU GET TO THIS POINT, WE WILL GIVE YOU A FREE FLAHERTY PT T-SHIRT!**

STEP 7: 60 DAY FREE FOLLOW UP

We strongly believe that continuing some form of exercise will be a large part of your success after your formal PT sessions are completed. That's why we have a free follow up 60 days after your last session. This visit is a revisit with your therapist, so we can make sure you are doing well, that you feel like your plan is still working and we can make some subtle tweaks to your program if its needed.

STEP 8: BECOMING A LOYAL FLAHERTY PT FAN

We hope you had a truly "WOW" experience with us and that:

- ☐ You think of us if you need PT in the future or have a question
- ☐ You'll leave a review about your experience on our website, Google page, Facebook page or Yelp
- ☐ You share your Flaherty PT experience with your friends
- ☐ You'll leave a video testimonial about your Flaherty PT experience

