

## Making it Easier for You

### **Convenient, Free Parking**

Parking is located right next to our building, allowing you easy access to our facility. Our practice is on the ground level. Accessible parking is also provided.

### **We Offer Extended Hours**

To accommodate your busy schedule, we are available from 7 a.m. to 7 p.m. Monday through Thursday and Fridays from 7 a.m. to 5:30 p.m.

### **Payment for Services**

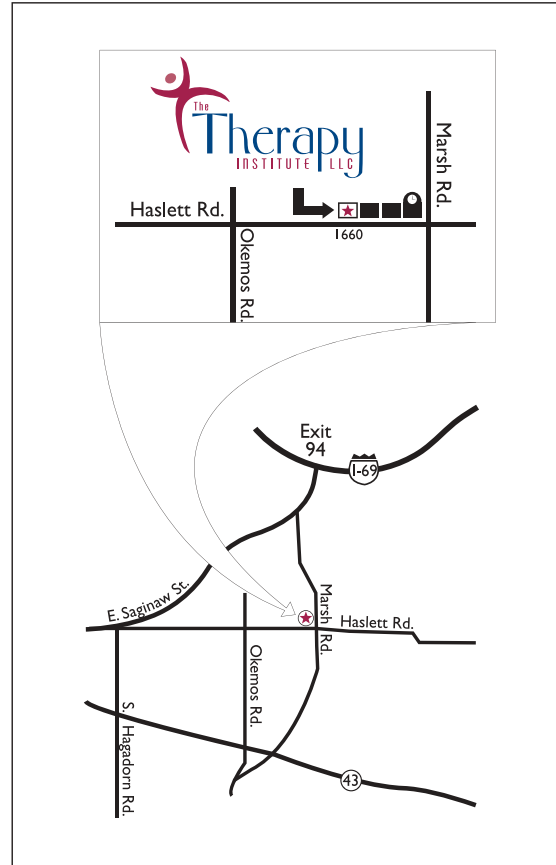
We accept Medicare, PHP, Blue Cross/Blue Shield, Workers' Compensation and most other private insurance companies.

### **Appointment Schedule**

Your first appointment is scheduled for:

DATE	DAY	TIME

Please arrive 15 minutes early for this appointment.



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*Individual Care  
that Makes  
a Difference.*

# WELCOME

## What is Physical Therapy?

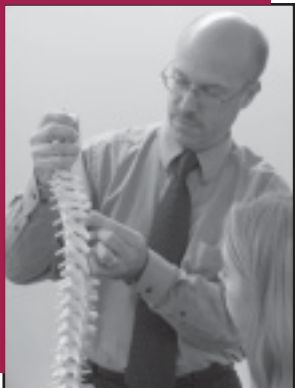
Physical therapy is a treatment approach designed to relieve pain and to improve strength, range of motion, mobility, and function. Physical therapists develop treatment programs based on exercises, hands-on treatment techniques, and home program instruction. We also educate you on how to manage your condition after therapy has ended.

## Evaluation & Treatment Conditions We Treat

We evaluate and treat a variety of muscle and joint conditions, such as:

- Shoulder and Knee Problems
- Neck and Back Pain
- Sports Injuries
- Arthritic Disorders
- Tendonitis, Sprains and Strains
- Temporomandibular Joint (TMJ) Disorders

We utilize a hands-on treatment approach. This allows your therapist to more closely monitor your progress and adjust your program as necessary. As your condition changes, so will your program.



## Our Professional Staff

The Therapy Institute offers a unique approach to physical therapy. Our therapists work individually with you during treatment sessions to ensure quality care and superior results. We have received training in both national and international settings. We emphasize advanced training in orthopedics and manual therapy. Several of our therapists have also attained board certification in specialty areas.



## Your Role in Physical Therapy

Active participation in your physical therapy program is essential. In addition to your onsite therapy, you'll be asked to perform exercises at home. These exercises will speed up and improve your recovery.

## Your First Visit

We'll offer you an appointment for an evaluation within 48 hours of your call. Subsequent visits will be scheduled after your first appointment.

## What to Bring

When you come for your first visit, please bring your personal calendar or appointment book to make scheduling future appointments easier for you. In addition, please bring your insurance card and any preauthorization forms from your insurance company, if necessary. Wear loose fitting clothing so that you can perform exercises comfortably.

## What to Expect

Your therapist will perform a comprehensive physical therapy examination to identify the types of problems that you are experiencing. They will then discuss the best treatment approach to manage these problems. You will work together with your therapist in subsequent treatments to achieve the goals you have set.

