

## Welcome to Guidry Physical Therapy

We are pleased to have you as a patient. You have come to us because you and your doctor believe you will benefit from our services. Research has shown that physical therapy can help restore movement, alleviate pain, strengthen muscles, improve balance, and improve overall function. To accomplish these results we provide one on one treatment with the same PT every visit utilizing a variety of evidence based treatments and patient education on pain and injury. Please review the following information as we want your experience here to be as positive and effective as possible. Your recovery is a partnership between you and the therapist.

**First Visit:** The physical therapist will perform a full, extensive evaluation consisting of questions about your symptoms, limitations, complaints as well as movement based tests looking at ROM, strength, balance, pain, and function in order to develop an individualized treatment program. You and your therapist will discuss and agree upon the specific goals of your treatment. A detailed summary of this evaluation will be faxed to your referring physician. Your evaluation will last between 45 minutes and 1 hour.

**Treatments:** The Physical Therapist may use methods such as movement based exercise, joint and soft tissue mobilization, therapeutic taping, balance/stability training and patient education all in a manner that fit your individual needs. Most treatment sessions will last between 45 minutes and one hour.

**Home Program:** During the course of your rehabilitation your therapist will prescribe a home exercise program to be carried out on your own. The therapist will work with you to make it manageable for you schedule and tolerance. This is an important part of your rehab as our goal is to help get you in control of your pain and limitations.

**Progress Reports:** Your therapist will provide regular written updates on your progress to your referring physician as well as before each of your follow up visits with their office. It is essential that you inform our receptionist and the therapist of any return to physician dates you set so that we may prepare and present this progress report to your physician before your appointment.

**Rescheduling/Canceled Appointments:** We request a 24 hours notice if you must reschedule or cancel an appointment. This helps to allow another patient to utilize that time slot. Ideally, rescheduled appointments should be in the same week as the original appointment whenever possible. There may be times you need to reschedule with less than 24 hours notice. If this is the case, please call our office as soon as possible. Our office has an answering machine to allow you to call at any time if you need. We will make every effort to respect your time, and expect that you will respect our time as well as that of your fellow patient's. Three or more last minute cancellations or no shows will result in you being discharged and your physician will be notified of the reason.

**Payments:** Out of courtesy we will do our best to get insurance benefits for you prior to your first visit as well as bill your insurance company. You are responsible for paying any co pay's, co-insurance, deductibles or any other non-covered amounts on a weekly basis unless arranged otherwise. We gladly accept credit/debit cards, checks and cash. We are willing to work with patients to offer payment plans and structuring their plan of care so that they can receive the care that they need despite any financial concerns.

**Dress:** It is important that you dress appropriately for your treatment sessions. We recommend comfortable clothes that you can move easily in i.e. shorts/sweats, t-shirt, and closed toe shoes.

We appreciate your honest feedback regarding your experience with us. We will do everything possible to speed you along the road to recovery and make your time with us a pleasant experience. Thank you for choosing Guidry Physical Therapy for your physical therapy needs.

Sincerely,  
John Paul Guidry DPT CSCS and Staff