

Via Christi Therapy Center

New Patient Information:

What happens during my first visit?

During your first visit you can expect the following:

- Arrive at your appointment 20 minutes early to complete your paperwork
- Your therapist will then perform an initial evaluation and develop a treatment plan to address the problems you are experiencing. The plan is created with input from you, your therapist, and your doctor/healthcare provider. Your initial visit usually takes about an hour.
- Your therapist will write up their findings and treatment plan to submit to your referring physician or other medical professional who you choose.
- If you have any questions at any time, please don't hesitate to ask! We want to ensure your satisfaction and full recovery.

What do I need to bring with me?

- Make sure you bring your therapy referral provided to you by your doctor (if required by your insurance company).
- If your insurance is covering the cost of physical therapy, bring your insurance card
- If you are covered by Workers' Compensation, bring your claim number and your case manager's contact information
- If you are covered by auto insurance make sure you bring this information
- Photo ID

How should I dress?

Dress comfortably with clothes that allow easy access for the therapist to examine your problem areas so they can perform a thorough examination. Loose fitting clothing that is comfortable for gentle exercises and supportive sneakers are often good choices.

How long will each treatment last?

Depending on your individual needs, treatment sessions typically last 30 minutes to 1 hour. The initial visit usually takes 1 hour.

How many visits will I need?

The number of visits you will need is highly variable as it depends on your diagnosis, the severity of your impairments, your past medical history and many other factors. You may need only one visit to resolve the problem you are experiencing or you may need months of care.