

Sports Medicine & Rehabilitation Services Frequently Asked Questions

Q: What should I bring to my evaluations?

A: Please wear comfortable clothing, such as loose pants or shorts with an elastic waistband; a loose shirt, like a t-shirt or sweatshirt - a button-down shirt might rip during therapy.

Q: How can Therapy help me?

A: There are many types of pain and inflammation that can be reduced by physical therapist intervention. For example, chronic pain in the back, shoulder, or knee or pain associated with certain degenerative diseases such as osteoarthritis, can be reduced with the appropriate combination of medication and exercise. The physical therapist, in collaboration with the patient and the patient's physician, can help the patient manage his or her health over the long term.

Q: Does my insurance cover Physical, Occupational, or Speech Therapy?

A: Managed care plans limit the patient's choice to only those providers who are part of the insurer's network. Payments to providers are controlled by the insurer. Check with your insurance provider for any limits that may be set for maximum allowable amounts to specific services. Either the provider or the patient is responsible for any differences between "billed services" and "set limits". If the managed care contract has a "hold harmless" clause, the provider is responsible for the remaining balance and cannot collect that money from the patient. If there is not a hold-harmless clause, the patient can be "balance billed" for the remainder. Insurance terminology glossary.

Q: What should I bring on my first visit?

A: Bring your insurance card, Medicare or Medicaid Card, and your physician's referral for rehabilitation. Please make other arrangements for your small children. Small children under the age of 10 will not be allowed in the treatment area due to safety concerns.