



## OUTPATIENT THERAPIES

· PHYSICAL · OCCUPATIONAL · SPEECH

*We are pleased you have chosen our professional staff at Aspirus Keweenaw Outpatient Therapies to assist you in meeting your rehabilitation needs. Our experienced team has extensive training treating patients with a variety of injuries.*

### **DO I NEED A DOCTOR REFERRAL?**

- A physician referral is required for services. The referral must be dated within 30 days of the first appointment.

### **WILL MY INSURANCE PAY FOR TREATMENT?**

- Although we can assist in determining your insurance coverage, it is always wise to call your insurance company yourself, prior to your first visit.
- Aspirus Keweenaw Outpatient Therapies is a participating provider with most major insurance plans including, Medicare, Medicaid, UPHP, Blue Cross/Blue Shield, auto insurance, private insurance carriers, etc. Please confirm with the front desk that we are a participating provider for your plan.
- It is important to note that our Houghton Outpatient Therapy facility is considered a freestanding facility in accordance to Medicare regulations. Patients receiving care in the Houghton facility are limited to a \$1,800.00 cap. **This cap does not apply to our Laurium facility.**

### **WHAT SHOULD I BRING TO MY FIRST APPOINTMENT?**

- Doctor referral for services
- Insurance card and any other appropriate billing information
- List of current medications you are taking
- If you wear a sling, brace, orthotic or prosthetic, please bring it with you.
- Please bring a copy of any diagnostic testing you have had for your condition. (X-ray, MRI, EMG)
- Wear loose, comfortable clothing that will allow your injured body part to be exposed and evaluated by your therapist.

- Your first visit is considered an Initial Evaluation. Please allow one hour for this treatment. During this time, the therapist will perform special tests to determine your specific limitations. He/she will then establish a treatment plan to allow you to attain your goals.

### **HOW OFTEN ARE MY TREATMENTS?**

- The frequency and duration of your treatments will be determined by your physician or after the initial evaluation by your therapist. Typically, patients are seen 2-3 times a week for 40-60 minutes.
- We will work with you to set up further appointments, accommodating your needs to the best of our abilities. Our front desk is open Monday-Friday 8-5, but treatment times are flexible.
- If you cannot make an appointment, please call at least 24 hours to cancel/ and or change your appointment time. For those patients who have at least three no shows, you will be discharged from therapy and will be required to obtain another prescription prior to resuming physical therapy services.

### **WHAT TO EXPECT DURING YOUR SUBSEQUENT TREATMENTS:**

- It is very important that you become personally involved in your care plan. **We recommend bringing your folder with you to each treatment so we can add or progress your home exercise program as needed.**
- The therapist or assistant may use a combination of the following interventions to achieve your treatment goals:
  - Therapeutic exercises (stretching, strengthening, and aerobic)
  - Manual therapy techniques (soft tissue and joint mobilization)
  - Modalities (ultrasound, fluidotherapy, electrotherapy, iontophoresis)
  - Kinesiotape (applied to the skin to inhibit or facilitate specific muscles)
  - Splint fabrication or orthotic casting
  - Education (fall prevention, assistive or adaptive devices, work site modification)