

PHYSICAL THERAPY FAQ

ANSWERS TO YOUR MOST COMMON QUESTIONS

HELPING PATIENTS MAKE MORE EDUCATED DECISIONS ABOUT THEIR HEALTH



Allied Physical Therapy

PHYSICAL THERAPY FAQ: ANSWERS TO YOUR MOST COMMON QUESTIONS

Allied Physical Therapy is
Southwest Florida's
trusted physical therapy expert

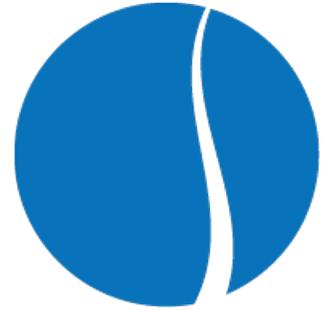
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About Allied Physical Therapy



The Goal

Get Back to What you Love

We know that the true reason why guests visit us isn't just to relieve pain, it's to get back to what they love doing. Whether that be running, playing sports, gardening, or playing with your grandchildren, our mission is to get you back to what you love doing.

Our Approach

Outcome

The outcome of following the journey is a change in lifestyle and habits that keeps the guest doing what they love. They reach the destination but have a change in identity by following the path to get there.

Journey

The guest begins a journey by following the path that their guide, and expert physical therapist, lays out for them. The therapist gives them the direction and tools they'll need to reach their destination.

Guest

The story begins when a guest visits us with an issue that they need help to solve. They have a destination where they want to be, but are unsure how to get there.



Health Advice Disclaimer

The information provided in this report is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination. Likewise, the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Physical Therapy Specialists.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. Allied Physical Therapy shall not be held liable for injury or death occurring from following any of the advice in this report.

The Best Free Gift Ever

“Test-Drive” Physical Therapy for FREE with one of our highly skilled and knowledgeable Physical Therapists!

CALL: 239-242-0070

www.alliedpt.com

Introduction

In this special eBook, we will answer several of the questions most frequently asked by patients like you who are suffering with some limitation that prevents them from enjoying their lives to the fullest, or stops them from participating in their favorite sport or athletic activity.

Hopefully, when you are through reading, you will be better-educated about physical therapy and how it can benefit any individual – whether you are a 10-year-old grade-school superstar or a grandmother who loves to play with her grandchildren.

We also answer some of the more controversial questions such as when to seek medical attention, what's the difference between physical therapy, massage therapy, and chiropractic, why your general practitioner didn't tell you to get therapy first, and who will benefit from physical therapy and the conditions that we treat. For more information on several other topics, please keep reading!

In an effort to be truly useful, we provide this eBook to you free of charge to answer some of the most common questions we hear about physical therapy and address some of the most frequent concerns. If you still have questions after reading this eBook, simply email us confidentially at info@alliedpt.com and we will gladly answer your questions!

PHYSICAL THERAPY FAQ: YOUR MOST COMMON QUESTIONS ANSWERED



What insurance plans do you accept?

We currently accept a number of insurance plans including those offered by companies such as **Blue Cross / Blue Shield, Humana, Tricare, VA, and Medicare / Medicaid** – as well as supplemental plans. We also accept all Workers Compensation plans – even those from out of state.

We encourage you to check our website's Accepted Insurances page for a full list of currently accepted insurance plans at alliedpt.com/accepted-insurances. If you are not covered by one of the insurance plans listed, we also accept cash and credit card. Call our office at (239) 242-0070 for details.



Why shouldn't I just go through the local hospital system versus you? After all, they are bigger.

The truth of the matter is this: the best physical therapists usually work in private practices because they can deliver individualized care specific to YOU, the patient. In many hospitals and larger healthcare facilities, patients receive the same exercise advice and treatments, regardless of their condition. This results in many more visits with higher co-pays, which can average about \$60 per visit. Alternatively, you could see a physical therapist who specializes in treatment of your condition, and be done after as few as 10 visits. As hospital systems continue to morph into behemoth one-stop healthcare entities, they tend to lose individualized focus as they train their eyes on the bottom line – and quality of care and individual patient attention suffers as a result. As a small private practice, we **MUST** get patients better – or we go out of business.



Some patients will start to feel better with therapy in as little as two weeks. Photo courtesy of Physiotech.

Q3 A

Do I need a referral from my GP or Physician?

No. Just call and schedule your appointment! In the state of Florida, physician referrals are not required for Physical Therapy services.

Q4 A

How long does it usually take patients to start to feel better?

Most patients will start to feel better in as little as two weeks. Of course, all patients are different. While some individuals will feel immediate relief after just one or two treatment sessions, others may take longer. As a general rule, the longer your condition has been present, or the more severe your condition is, the longer it may take for you to feel the benefits of therapy.



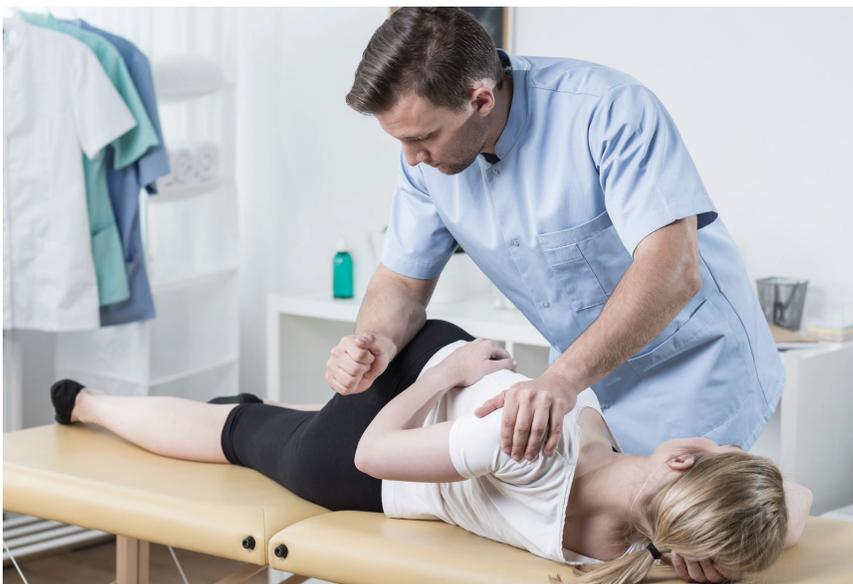
What exactly is Physical Therapy?

According to Dr. Google, physical therapy is, “the treatment of disease, injury, or deformity by physical methods such as massage, heat treatment, and exercise rather than by drugs or surgery.”

According to Allied’s own physical therapists, Physical Therapy is a proven strategy for first easing the worries and concerns of people suffering from muscle, nerve, and joint (bone) issues which prevents them from staying active, living pain-free, enjoying hobbies such as golf and long walks with their spouse, or for athletes recovering from injury.

The common symptoms and pains that most patients have are:

- Muscle and joint aches
- Pain and stiffness
- Difficulty bending, squatting, lifting, twisting, or walking
- Living a lifestyle dictated by and in accommodation to their pains
- Muscle weakness and tightness
- Pain during active activities, exercising
- Pain during or due to sports and athletic injuries



Physical therapists can help relieve muscle, nerve, and joint pain as well as stiffness from a variety of conditions and injuries.

Q6
A

What happens if I am not happy with your service?

If you are paying out of pocket, you will not pay anything until you are 100% satisfied. Also, if there is something that we can improve upon, we are always open to suggestions and feedback. For this reason, we ask you to let us know how we are doing.

Q7
A

What should I wear to my appointments?

You should try to wear clothing that you can move around in; as if you were going for a walk on the beach or to exercise. Typically, most patients will bring a pair of shorts and shoes to change into but we also have suitable exercise attire at the clinic for those times our patients forget their therapy gear.



Wear loose-fitting, comfortable clothing for your therapy appointment.

Q8
A

What if I don't want to make another appointment after coming to see you for my first visit?

You can gladly walk out of our clinic with no hard feelings or hassles. We have never had a patient who declined to schedule another appointment after learning what is causing their aches and pains. By the same token, if a patient is not a good candidate for our services, we tell them upfront and help direct them to the appropriate professional.



I am nervous and skeptical that physical therapy can help me. What are the chances it will help me and my situation?

If your problem consists of aches and pains in the following areas of the body, then physical therapy is highly likely to be beneficial to you:

- Back
- Neck and shoulder
- Hip and knee
- Foot and ankle
- Sports and athletic injuries



Can I talk to a physical therapist before I book just to confirm physical therapy is right for me?

Absolutely. Call our office at (239) 242-0070 or email us confidentially at info@alliedpt.com



Will you do anything during the first visit to help me?

Yes. We will show you strategies to reduce your discomfort. This is the objective of the first few visits.



Physical therapists look for a cause as well as an appropriate solution for the patient.



Is physical therapy just for athletes or people who play sports?

No! Although physical therapy is often associated with athletics due to the prevalence of injuries sustained by participants, it is not entirely a sports-specific specialty. In fact, physical therapists help more ordinary people over the age of 40 than they do younger athletes, in many cases. However, we serve youth, high school, collegiate, and professional athletes as well as individuals over the age of 40 at our clinic.



I'm nervous in making a decision about my health because I have been let down one too many times. What will happen if I just continue to wait?

Ultimately, that is a decision only you can make for yourself. In our experience, many patients will just suffer and do nothing about their current situation. This is one of the reasons why we recommend that injured individuals and others with pain take action as soon as they can, so they can start feeling better sooner, rather than later.



I injured myself while running the other day, how soon should I come see you?

Getting the appropriate treatment is crucial for long-term relief from injuries. A delay in receiving treatment can set your injury back from healing effectively. In fact, without proper early intervention, some injuries will not heal properly at all. Therefore, we would recommend making an appointment as soon as possible.



What is the difference between physical therapy, chiropractic, and massage therapy?

Physical therapists look for a cause as well as an appropriate solution for the patient. Although we don't make assumptions about chiropractors in general, we do know that many often perform manipulations that offer temporary relief without addressing the underlying problem – causing the patient to return time and again for treatment of the same injury.

Although chiropractors and physical therapists both perform very similar hands-on techniques, such as manipulation of the spine, physical therapists also extend treatments to include stretching, strengthening, posture education and retraining, and massage.

Some of the best chiropractors will actually refer their patients to physical therapists when appropriate, because we have specialized knowledge of more effective treatments beyond simple spinal manipulation.

Massage therapists perform treatments to muscles – which has value. However, many massage therapists are not schooled in which muscles need to be released. Many times, muscles do not need to be massaged as much as they need to be strengthened – or there may be a more complex issue at the root of joint stiffness. Working the muscles in these cases will not help the patient and wastes time and money.

We once had a patient who was visiting a massage therapist for treatment of lower back pain and was led to believe that his muscles were tight. When his pain worsened, he sought help from a physical therapist. After a thorough examination, our therapist suspected cancer as the cause of his pain and referred him to his physician at once. Unfortunately, the therapist was correct. Massage therapists simply do not have the medical knowledge necessary to make a proper causative diagnosis.

We admit that massaging the muscles does have its benefits for increasing circulation as well as making an individual feel good. However, please understand massage is not an all-encompassing treatment option, and many patients may need the more advanced techniques that can be provided by an expert physical therapist.



Q6
A

What are the chances that physical therapy can help me? Is it a guarantee?

No. There are no guarantees in physical therapy, just as there are no guarantees that a pill or a surgery is going to relieve your pain. As a matter of fact, there are no guarantees in life in general! However, we will guarantee that we will try to help you by providing the very best physical therapy care possible.

We will tell you from practical experience that 95% of all patients get better with physical therapy – if they are committed to healing and follow their treatment programs as prescribed. However, there are some patients who do not recover with physical therapy – either due to the severity of their injury or from lack of commitment to treatment.

If you are not making progress with therapy, or if we do not think you will benefit from therapy in the first place, we will tell you – and refer you to the appropriate medical professional.

Q7
A

Am I alone or does this happen to other people, too?

Believe it or not, you are not alone! We see many people with the same injuries each and every day. Most of our patients suffer from the same common injuries whether they are athletes, active weekend warriors, or individuals over the age of 40 who suffer with general stiffness, pain, and weakness.



You are not alone! We see people in our clinic every day with the same or similar conditions and injuries.

Q8
A

How quickly can I get into the clinic for an appointment?

Due to our “teach them and release them” approach to treatment, we can usually squeeze in a new patient the same week that they call – and sometimes, that same day. Call our office at (239) 242-0070 to check availability.

**Q9
A****Do you use modalities and just exercise?**

No. We use an eclectic approach of hands-on personal care using manual therapy such as massage, stretching, mobilization and manipulation, and specific exercises for you and your condition. Sadly, many physical therapists, especially those in hospital-based clinics, rely mainly on ultrasound and electric current treatments instead of hands-on treatments. They also tend to prescribe general exercises rather than customizing their treatments to each individual patient's needs.

**Q20
A****What is the number one reason why I should see a specialty trained physical therapist?**

The number one reason to make an appointment with us is to put an end to your frustration and put your mind at ease. After taking you through a thorough evaluation, we can give you a diagnosis pinpointing why your pains are occurring and outlining an approach to treatment so you can get back to doing what you love. In return, you can save both time, money, and return to your favorite sport or activities.

**Q21
A****What's the difference between a specialty trained physical therapist and a general one?**

A specialty trained physical therapist:

- is able to communicate with the patient.
- can accurately diagnose your problems and concerns.
- has manual or "hands on" skills.
- gets you better sooner rather than later and tells you the truth.
- knows when to refer to another practitioner.
- specializes in a few key areas rather than doing everything and, therefore, has more knowledge and training in that particular area which helps patients get better faster.



Physical therapy can not only help in the treatment of joints infamed by arthritis, it can help prevent arthritis pain from getting worse.

Q2 A

I have arthritis in my joints, will physical therapy help me?

Yes, physical therapy can help relieve achy and arthritic joints. In fact, physical therapy is often the best form of treatment to help reduce or prevent your arthritis-related pains from getting worse. In some cases, though, it cannot be cured 100%.

Q3 A

Does physical therapy help with knee and hip replacements or help prevent them?

Yes. In many cases, patients can get relief by simply strengthening some muscles in their body, while adjusting how they perform certain activities so they do not overstress their aching knee or hip joints. A lot of times they need “hands-on” care with a specialty trained therapist to help get the joint moving or decompressing it.

Q24 A

I like to run and golf but my pain is only present when I am doing these activities. Can physical therapy help with my pain during these activities?

Yes. We see this same scenario on a daily basis. Most sport and active injuries will subside and stop causing pain after you stop doing those activities. With physical therapy, we can detect if you are swinging your club or running improperly, or determine if you need to strengthen certain muscles while stretching others so you can golf and run pain-free. Call us today to get you headed in the right direction!



Play golf, run, and even get down on the floor with your grandchildren – pain-free! All it takes is a little physical therapy magic!

Q25 A

Who will NOT benefit from physical therapy services?

Anyone who expects miracles to happen, have their pains abolished overnight, and doesn't follow instructions from their Specialty Trained Physical Therapist.

A graphic consisting of a large, light blue 'Q' with a smaller, dark blue '26' inside it, and a large, dark blue 'A' below the '26'.

What is the cost of physical therapy? Is it going to be expensive?

Not really, if you consider the alternative. It is much safer and less expensive than invasive tests such as MRIs, or surgery, or becoming addicted to painkillers. Nor can you put a price tag on your health and the quality of life you want to live. Unfortunately, it is impossible to assign a generalized cost because each patient is different and will need different treatments and number of visits. For this reason, call us for your free examination consultation so we can discern your situation and what is the option for you.

If we can get you back to walking with your loved one, playing golf again, or back to work so you can make a decent living – and if we can avoid surgery or reliance on painkillers to get you through the day – then physical therapy is worth every dollar spent, right? And if you are an athlete who is missing practice sessions and games, you are missing out on playing the sport you love and interacting with your teammates. Only you can decide what that is worth – both in terms of pain and absence.

And consider this: if you are professional athlete who is injured in a contract negotiation year, you will lose your negotiating leverage if you can't play.

A graphic consisting of a large, light blue 'Q' with a smaller, dark blue '27' inside it, and a large, dark blue 'A' below the '27'.

Do you specialize in any particular area?

We have staff members who have special training in back and neck pain, orthopedic and sports injuries such as knee and hip pain, foot and ankle pain, and shoulder and elbow pain, as well as pelvic floor (pain during sex or incontinence).

However, we mainly specialize in patients and athletes who value their health, who don't want to take painkillers, who want to avoid surgery, and want to stay active or return to their sport.

28
A

How long are treatments and what are the different things that you will do during treatment?

Most treatment sessions range from 30 to 60 minutes, depending on the patient’s condition. Although treatments differ from one condition to another, most consist of massage, loosening of stiff joints, strengthening exercises for weak muscles, and educating the patient on different strategies to alleviate their aches and pains naturally, or to prevent them from occurring and recurring.



Most treatment sessions last from 30 to 60 minutes. We are always trying to educate our patients so they can feel better sooner.

29
A

Will physical therapy cause me pain?

It depends on the severity of your injury as well as how long ago it happened. If you just twisted your knee or sprained your ankle, for example, some exercises may be slightly painful at first. However, in just a few days, you will feel much better.

30
A

Is there anything I can do at home to help my situation? I heard exercise is sometimes warranted, is that true?

Absolutely. We are always trying to educate our patients so they can feel better sooner.



How soon do I pay for my services?

If you are using insurance, your copayment will be due at the time of service. Meanwhile, if you are self-pay you do not pay until you are 100% satisfied with your experience.



Is it possible to prevent injuries before they happen?

Yes. We can prevent many injuries or ailments before they occur by examining you and determining what you need to build strength in weak areas of your body, or to relax muscle groups that are tight. A speciality trained therapist can show you how you can modify your exercise or sport technique so you don't hurt yourself exercising or during athletic competition.

In fact, this may be the best of all treatments that we provide, because an ounce of prevention is worth a pound of cure! Just like visiting the dentist every six months for a cleaning to prevent cavities, you should also see your specialty trained physical therapist on a regular schedule to prevent the ailments that cause lower back, neck and other pain before they occur and it's more difficult and expensive to fix.



Will doing exercises help me get better?

To be honest, it really depends on your condition. Some patients must engage in exercise to alleviate their pains, while others need more "hands-on" techniques. However, in most cases exercise does play a very important role. Unfortunately, many clinics and therapists prescribe the **WRONG** exercises for treatment, and many patients just don't feel relief. This is just one of the many reasons you should consult an **EXPERT** physical therapist for treatment.

Q36 A

How often will I need treatment?

This too will depend on the severity of your injury and how long it has been present. In many cases, you will only need therapy sessions two to three times per week if you are following our instructions.

Q37 A

What is the education level of a physical therapist?

The majority of physical therapists now have clinical Doctorates of Physical Therapy (DPT).

Q38 A

What type of athletic and sport injuries do you treat?

We treat all sport injuries and conditions, especially those that occur from golf, tennis, running, football, baseball, and basketball.

Q39 A

Do I get to choose a male or female therapist?

Yes.



We're experts at helping you to get back to doing what you love!

Conclusion

Get Physical Therapy

There really is no other better way to help alleviate your aches and pains. When consulting a qualified physical therapist who specializes in treatment of pain and stiffness caused by a variety of injuries and conditions, they will be able to detect the root and source of your pain and give you customized instructions to help you feel better FASTER. In return, you will be able to carry on with your life, avoid taking pain pills, live without fear of pain, and get back to working and living your life again.

Pain in any joint, nerve or muscle can be an expensive and frustrating experience for all patients. Now that you have reached the end of this free special report, you are now a better-informed health consumer. You can now make an educated decision about what type of physical therapist you will need to consult in order to best treat your injury.

We hope this is just the beginning of a relationship between you and our physical therapy team. As your local area experts, we hope to become your trusted guides in managing and overcoming your aches and pains and getting you back to athletics or sports or doing what you love.

Dedicated to Restoring Your Health,

The Allied Physical Therapy Team

PHYSICAL THERAPY FAQ

YOUR MOST COMMON QUESTIONS ANSWERED

Real Patients, Real Results



“I suffered with chronic lower back pain since 2008 and I am amazed at how much I have improved with physical therapy. I tried everything from pain pills to injections and nothing worked.”

~ Alice K.
Cape Coral, Florida



“I no longer have numbness, tingling and weakness in my hands.”

~ Nancy N.
Cape Coral, Florida



“I have had eight surgeries on my neck and back and I am now able to move my neck again and no longer have to take pain pills.”

~ Chrissy T.
Fort Myers, Florida