

## Physical Therapy

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- Physical Therapist

Your physician has just ordered Physical Therapy (PT) as part of your treatment plan. You may be thinking to yourself, “Why do I need PT?” or “I haven’t got time for that!” Let’s discuss WHY you should communicate with your care team at McBride any concerns regarding the importance of PT and any concerns that may cause you to not participate/complete physician-prescribed physical therapy.

Did you know 20-30% of patients never show up for physical therapy? Missed appointment rates can be as high as 50%! Sometimes there are challenges for patients to make it to PT appointments, but many issues are conquerable, with a little help. The truth is compliance with physical therapy is voluntary and is regulated only by YOU. Physical therapy strives to restore function for ALL types of people and conditions. In order to restore function, you need to follow physician direction and go to PT. Your physician prescribes PT for you in order to assist you, not as a punishment, so let’s talk about how we can overcome challenges.

- **Inconvenience:** (transportation, location, time constraints) Plan ahead and get your family and friends involved ahead of time. Many times you can find someone to help with travel to your appointments. Don’t be shy, ask for help! Or, explore options for taxis, rideshares and/or companies that specialize in transportation to/from medical appointments.
- **Fear and Apprehension:** Your physical therapist understands your position. Many of us have been in your shoes as well. When you come to PT, discuss your fears and barriers. We want to reassure you and help during the recovery process.
- **Cost:** Visit with your insurance provider before your first appointment, to verify what PT services are covered/ not covered. You can find out what copay to expect at each of your visits or if you will need to pay a deductible. We offer many payment options, so invest in your recovery!

Your physical therapist can provide you with feedback, and help you set goals and give yourself some incentives. Physical therapy involves more than just exercise. We are here to help educate patients regarding injury/surgery.

Also, we develop a home exercise plan, so you are able to continue working outside physical therapy appointments. We can also work with you to find methods to manage pain. Forget about the “no pain, no gain” atmosphere and instead choose “no effort, no gain.”

We have knowledge of our physicians’ protocols and are able to communicate with them and their staff to continuously make sure you are on the right track. McBride’s mission is to provide exceptional care for its patients.

We hope you feel more optimistic about coming to see us! If you have questions or still aren’t sure about physical therapy, give us a call and let us answer your questions. Let us work with you, to get you back to a healthy life. We look forward to seeing you! ■