



Seattle Orthopedic Center

Physical Therapy Information Sheet

2409 N. 45th St. Seattle, WA 98103
Phone 206-633-8141 Fax 206-632-1420

What is Physical Therapy?

Physical Therapists (PT) use research and proven techniques to help patients reduce pain and get back in motion. All physical therapists are required to receive a graduate degree - either a master's degree or a clinical doctorate. Education for Therapists includes background in the sciences, focusing on: anatomy, physiology, biomechanics, and kinesiology. With this background, physical therapy is able to restore and maximize mobility and function.

Physical Therapy Assistant (PTA): You may be working with a Physical Therapy Assistant, who are licensed clinicians that work under the direction and supervision of a Physical Therapist to help you achieve your therapeutic goals.

Physical Therapy Aide (aide): A physical therapy aide may see you at the start and end of your appointment. They will direct you in exercises prescribed by your therapist and may administer therapeutic modalities (ice/moist heat, electrical stimulation and ultrasound, etc.)

Philosophy of Care

Knowledge is power- by fully understanding your condition you will be better able to participate in your own recovery. Feel free to ask us questions about your diagnosis and the treatment we provide.

Treatment

To fully benefit from therapy, it is important to perform your home exercise program as prescribed by your therapist. Do not hesitate to ask questions if something is unclear.

Physician Follow-Up

Let us know when you'll be returning to your doctor, so we can send him/her an update.

Upcoming Appointments and Attendance

- Be on time for your appointment. If you need to change your attire, you are welcome to use the changing room provided before your appointment but, please plan ahead. If you are more than 10 minutes late, your appointment may be rescheduled.
- Sessions last approximately 45-60 minutes.
- Please try to schedule your upcoming treatment sessions at least 2-3 weeks in advance. We are happy to reschedule your appointments when a conflict occurs, however we request a 24 hour notice and may be charged a fee of \$25 for cancelled/missed appointments.
- If you fail to show for 3 consecutive sessions with no notice, we will consider you discharged from our care at that time and your remaining visits will be cancelled. If you are an industrial injury patient, your claims manager will be notified about the missed visits, and you will be required to reschedule all missed appointments.

Etiquette

This is a scent free facility. Please refrain from wearing perfumes or colognes.

This is a cell phone free zone. Please silence your phone when starting your treatment.

To minimize distractions and optimize all of our patients' care, please make prior arrangements for childcare.

Welcome to Seattle Orthopedic Center Physical Therapy

Insurance Information: As a courtesy to you, we will bill your insurance company. Please provide us with your insurance card and any additional information we may need. It is not uncommon for your insurance policy to have rehabilitation benefits with visit limits and/or dollar limits. We recommend that you call your insurance company to verify your physical therapy coverage. **It is your responsibility to know your policy benefits and limitations.** As a courtesy, we will contact your insurance company and provide you with the information given, however this is not a guarantee of payment, may be incorrect or non-inclusive of your coverage. Our billing office is available to answer questions you may have regarding our billing procedures. If you have any financial problems, please communicate them as soon as possible so that we may work out a mutually beneficial payment plan.

Payment Options: We accept personal checks, cash, Visa and Mastercard. **Insurance copayments are due on each visit.** Any portion of your treatments that are not covered by your insurance becomes your responsibility, and is due within 30 days.

Workers Compensation Claims: We will bill your open and approved workers compensation claim. Please be advised that in the event your claim is denied, you are financially responsible for all charges.

Supplies: Supplies purchased by the patient are payable at the time of service. We will provide you with a receipt so you may seek reimbursement from your insurance company.

Scheduling: We are happy to reschedule your appointments when a conflict occurs; however, we request a 24-hour notice. We will charge a \$25 fee for cancelled/missed appointments. If you fail to show for 3 consecutive sessions, we will consider you discharged from our care at that time. If you are an industrial injury patient, your claims manager will be notified about the missed visits, and you will be required to reschedule any future appointments.

Thank you for allowing us the opportunity to serve you. If you have any questions about the above information or any uncertainty regarding your insurance coverage do not hesitate to ask for our assistance.