

### What happens during my first visit?

- Arrive for your first appointment 15 minutes prior to your scheduled time with your paperwork completed.
- Please bring a copy of your referral for physical therapy from your physician (Applicable to those with PPO, Medicare, or commercial insurances).
- Please bring your insurance card (PPO, Medicare, Medi-Cal, HMO, commercial).
- Be prepared to discuss with your therapist all information relevant to your current condition and previous medical history.
- Please bring a list of all your current medications.
- Wear loose-fitting, comfortable clothing and tennis shoes.

Your physical therapist will perform a physical examination, which may include some of the following assessments:

- Palpation
- Range of motion
- Muscle
- Neurological
- Movement
- Posture

You and your therapist will discuss your examination and work together to develop a treatment plan that typically includes:

- How often and how long you will need therapy
- What you should be doing at home, work or play
- Education about your condition or diagnosis
- Long-term goals and what to expect after discharge from therapy

Questions? Call (323) 255-5409.