



Checklist for First Visit

- Fill out and return registration and health history forms
- Read, sign and return our Clinic Policies form
- If using insurance, bring current insurance card and picture ID
- Understand your insurance benefit as it relates to physical therapy
We encourage you to get in touch with your insurance carrier to understand the details of your coverage, identifying any copays, coinsurances, and/or visit limits that may apply to physical therapy
- If your insurance carrier requires it, please provide a referral from your primary care provider (required in all motor vehicle accident cases and workman's compensation claims)
- Come prepared to pay for any co-pays as required by your insurance
- Bring copies of any pertinent medical records and/or imaging (MRI/CT/arthrogram/X-ray)
- Dress in clothes and shoes you can move in (shorts, tank tops, sneakers...)