

What to look for when selecting a Physical Therapy Facility

- 1. Convenient Scheduling – An office that offers appointments that are convenient to you! The office should have appointment availability before and after normal working hours (9AM-5PM)**
- 2. Clinical Experience – There is no substitute for being in the field and experiencing different diagnoses. The more experience a Physical Therapist has in the clinic, the better chance there is that they have treated your exact symptoms and diagnosis. If you needed surgery, would you go to a surgeon that has performed the surgery three times or one hundred times? With a Physical Therapy, would you seek a therapist who has rehabbed your injury successfully three times or one-hundred times?**
- 3. Always See a Physical Therapist – Physical Therapist have been educated and trained for at least 4 years in college and more recent graduates have 7 years of college education and training.**
- 4. Don't get passed off to a Physical Therapy Assistants (PTA's) only have to have 2 years of education. PTA's, with their limited education are only allowed to execute a treatment plan and not revise or modify a plan. This limits your treatment options if your condition or status has unexpectedly changed. However**
- 5. New Assessment during each Treatment Session – This is only possible when you work exclusively with a PT and not a pta , a Physical Therapist can make those revisions or modifications instantaneously which makes your treatment more accurate and of higher quality, every session.**
- 6. Always See the Same Therapist – On your first visit, your Physical Therapist should perform a thorough evaluation. The reason for this is to get to know YOU and know about your injury. They are also establishing a relationship and working rapport with you during the evaluation.**
- 7. Continuity of Care – by always having the same PT, you... This will result in the most efficient and effective course of treatment for you. However, if you are passed to another PT, that new PT needs to establish that rapport and treatment rhythm with you making your treatment progression choppy and inefficient.**
- 8. Consults with your doctor – It is well known that having all of your healthcare providers on the same page is vital to receiving the highest quality care. Your Physical Therapist should be willing to consult with your referring provider or physician.**
- 9. A PT Team with Longevity - Physical Therapists have been working at same facility for many years – When a physical therapist has been working at the same facility for a long period of time that is a sign of job satisfaction and overall employee happiness.**
- 10. Professionally Satisfied Physical Therapists – A happy employee (in this case physical therapist) will go above and beyond for his clients (patients) as he or she is more invested in the mission of providing the best care**

- 11. Comprehensive Clinical Exam – The highest quality PT thoroughly examines your entire case. A complete medical and injury history is taken and reviewed. This is followed by a thorough physical examination which will allow the PT to make an accurate and complete assessment of your injury leading to a concise treatment plan.**
- 12. Evaluation and first treatment in first appointment (60 minute first appt) – In order to complete a comprehensive exam, your PT must have enough time allocated to not only complete the exam but also execute your first treatment.**
- 13. Identifying the “cause of the cause” – Only with a comprehensive evaluation can the true problem be exposed. The Physical Therapist should not only be able to identify “what” is wrong, but also “why” has it happened.**
- 14. No double booking/overlap booking of appts – don’t get rushed out at end of 30 minutes**
- 15. Passionate Physical Therapists – The “It” of physical therapy. Passionate physical therapists take pride in every treatment they provide and you will see it when they give you an in-depth analysis of what is wrong and needs to be corrected.**
- 16. Manual Treatment or Hands-On Care – Manual techniques and treatment greatly improve joint mobility, soft tissue mobility and elasticity, posture, and proper movement patterns. A comprehensive treatment approach always includes this.**
- 17. Direct Honesty – Understanding why you hurt is vital to maximize your rehab potential. High quality physical therapy includes being told what your physical faults and weaknesses are.**
- 18. Positive and Healing Environment – Physical Therapy requires tremendous work and effort on the part of the PT and the patient. A positive, healthy environment makes it easier for both parties to commit the work and effort required. Also, it doesn’t hurt to actually have a little fun while in the clinic!**