



TRINITY
REHAB

8 QUESTIONS
to Ask Before
CHOOSING A
PHYSICAL
THERAPIST





IMAGINE IT:

You're coursing along your normal running route, and suddenly, you feel a pull in your leg, back, neck, or arm. After a few days of rest, you head back down your hiking path only to realize that you're struggling to keep up with your usual pace due to excess pain.

Luckily, there's a simple, effective answer to your struggles: physical therapy! But before you start searching for the perfect professional to coach you through your exercises and stretches, it's important to know what your needs are. And to help you determine just that, we're here with our [8 Questions to Ask Before Choosing a Physical Therapist eBook](#).

Thanks to the useful tips found within this handbook, you'll understand how to effectively decide which type of physical therapist is best for your muscle strain, tendon tear, or anything else.

While reading through the pages of this guide, you'll discover information about a variety of subjects relating to your physical therapy needs. That way, you'll know exactly what to ask once you're ready to start your treatment.

So, instead of wondering how you should prepare for your first visit to your physical therapist, let's begin your journey to recovery today by reviewing these helpful questions...

8 Questions to ask Before Choosing a Physical Therapist



1 What Condition Am I Experiencing?

First and foremost, you should start your quest to finding the right physical therapist by understanding what type of pain or condition you're dealing with. By doing so, you'll more effectively identify the physical therapist (P.T.) that's right for you.

For example, if you're an athlete who's trying to heal quickly so that you can get back on the field or track as quickly as possible, you'll likely want to choose a center that includes a Sports Rehabilitation program and comes equipped with Sports Certified Specialists.

On the other hand, if you've recently been involved in an accident, are recovering from major surgery, or suffer from a chronic condition, Orthopedic Physical Therapy is the type of treatment remedy to seek out.

Because these are just a couple kinds of board-certified physical therapists out there, make sure to do some additional research to select the one that's ideal for your ailment and age—be that a Geriatric Certified Specialist, a Cardiovascular and Pulmonary Certified Specialist, or anything in between.



2 What Specific Treatments Do I Need?

Another important item to consider while searching for your physical therapist or facility is the type of treatment that's best for healing your condition. To learn more, all you have to do is ask your doctor about some of the typical regimens used to heal your issue.

Some of the different therapies you may need are:

- > **Neck Traction**
- > **Progressive Resistive Exercises**
- > **Cold Therapy**
- > **Posture Training**
- > **Heat Therapy**
- > **And more**

However, if your body requires a more intensive program so that you'll be healed up and ready to run in no time, it's essential to check what each center offers so that you'll opt for the best physical therapist.

For example, at Trinity Rehab each of our New Jersey facilities comes with innovative technologies, such as EPAT, which utilizes acoustic pressure waves to speed up the healing process. This non-invasive treatment provides you with speedy results so that you can get back to your regular exercise routine more quickly.

To get your body back on track with weight-bearing or high intensity workouts, try out the AlterG® Anti-Gravity Treadmill® that can also be found at any of the eleven Trinity Rehab locations. With this state-of-the-art system, you'll gradually add more of your own body weight while running so that you can avoid another injury.

3

Will My Insurance Be Accepted?

Of course, when you're thinking about receiving treatment for an injury, medical insurance is likely to come to mind. Fortunately, many P.T. facilities provide in-network benefits, depending on the kind of insurance you have.

If your insurance is accepted by your preferred physical therapist, you should also verify the number of sessions or services that'll be covered. That way, you'll be able to compare the number of treatments covered by your insurance company to the number of therapy appointments you'll need to make your comeback.

4

Who Will Treat Me?

The relationship you build with your physical therapist is crucial to ensuring that you heal correctly. By building a trusted partnership with your coach, you'll not only recuperate more quickly, but you'll also look forward to each appointment.

That's why many rehabilitation centers offer up one physical therapist for each patient so that you'll be guided through every phase of your recovery process with the same techniques and attention-to-detail.

With this perk, you'll be supported by a specialist who's familiar with your needs, habits, and injuries. That way, you and your assistant will be able to pick up exactly where you left off at your last appointment without reviewing your needs.

Plus, you'll arrive at every session knowing that your therapist will provide you with individualized care and customized healing plans.





8 Questions to ask Before Choosing a Physical Therapist

5 Does My Therapist Have A License?

As one of the most critical questions that should be asked prior to choosing your physical therapist, you want to verify that the person who is treating you is a licensed professional. **Why is this so important, you ask?**

Well, unlicensed personnel, like therapy aides, don't come with the necessary training that a licensed physical therapy has. Because of this, it's wise to check before your first appointment so that you won't be given incorrect instructions on how to perform a stretch or exercise, thereby hurting yourself further.

Certified physical therapists are specifically trained to understand the intricacies of the body, such as ligaments, tendons, muscles, bones, etc. And when you're on the mend from an accident, you don't want to risk injuring a different part of your body due to incorrect instruction. So, ask your local facility if the therapist you plan to work with has a license.

6 How Many Appointments Do I Need?

Although you may be wondering how many therapy appointments you'll need to be completely healed, it's difficult to determine this kind of information. Because every body type and physique is different, one patient could recover faster than another. You can get a general idea of the length of your treatment by speaking with the staff at any physical therapy institution.

Depending on the ailment you're dealing with, your treatment program could be longer or shorter than the typical healing process of a different kind of injury. So, before you choose your physical therapist, make sure to offer up some information on your problem so that you'll get some insight into how long your road to recuperation may be.

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What Will My First Visit Entail?

Any trustworthy physical therapy facility should begin your procedures by reviewing your medical history and performing a physical exam. By doing so, you can feel confident that your trainer will take any past illnesses and injuries into account before beginning therapy.

To take your treatment plan beyond a cookie-cutter therapy session, Trinity Rehab provides every patient with a customized recovery program that's specifically designed to work with your unique physique, skill level, and injury or condition. With this benefit, you'll know that your rehab program is specifically crafted to help you heal in a way that's healthy for your body.

By creating a personalized strategy, you'll feel cared for throughout every phase of your therapy experience and avoid harming a different muscle, tendon, or anything else. Your physical therapist will also ask you about your recovery goals so that your plan will help you achieve them.

On top of that, you and your therapy specialist should have a thorough review of the things you want to achieve during your journey to total body restoration. That way, you'll both understand the necessary steps to take to reach those goals. During your first appointment, you'll also want to inquire about the at-home exercises your therapist will give you. These stretches allow you to do some work on your own and continue healing between your appointments.

Moreover, your coach will inform you about any special equipment you'll need to properly recover, such as a pair of special sneakers, a brace, a set of crutches, or even items that'll help you do your stretches and exercises from home. If your therapist doesn't mention these things, be sure to follow up with them so that you've covered all your bases.





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8 What Can I Expect After I Finish Treatment?

Once you've finally reached the end of your rehabilitation procedures, it's time for you to get back to your daily routine. But before you push yourself too hard, your therapist will likely provide you with a specific exercise plan or stretching routine to stick to so that you'll prevent further problems.

If you expect to experience other tough physical trials on the football field, softball field, or on the racetrack, your physical therapist can provide you with tips and tricks on how to avoid more injuries and hardships. With their assistance, you won't risk missing out on the championship game or final race to the finish line.

Additionally, your physical therapist can serve up some other suggestions if you experience a flare up of your condition after you've been fully treated. With their expertise, you'll learn about a few ways to clear up any frustrating pangs of pain or difficulty moving. Otherwise, you may want to consider revisiting your therapy center for another round of rehab sessions.

FIND YOUR PHYSICAL THERAPIST TODAY!

When you're as physically active and engaged in life as you are, why would you let an injury hold you back from your adventurous lifestyle? Instead, opt for the trained professionalism and organized care of a physical therapist in a comprehensive rehab facility.

Thanks to the information tucked into this guide, you'll arrive at your recovery facility knowing exactly what to ask before committing to your program. [Get started on your recovery journey today!](#)