



**TRINITY**  
REHAB

# **BODY MAINTENANCE & REPAIR:**

## **YOUR PHYSICAL THERAPY EVALUATION**



# Body Maintenance & Repair: Your Physical Therapy Evaluation



In the midst of a busy day, you don't plan to be sidelined by an injury or a surge of pain. But, if this does happen to you, it helps to know that you'll be cared for in the best way possible.

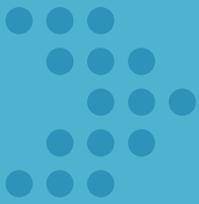
That's why the board-certified physical therapists at Trinity Rehab are here to provide you with industry-leading and cutting-edge physical therapy, so that you can get back to your active lifestyle in no time.

However, before you get started, it's wise to get an idea of how to prepare for your first visit. Luckily, we're here to offer up some tips and tricks, so that you're ready to go when it's time to head to our state-of-the-art facility for your physical therapy evaluation.

Throughout the pages of this ***Body Maintenance & Repair: Your Physical Therapy Evaluation*** eBook, you'll discover more about the basic highlights of your initial visit and how to properly prepare. While reading through this manual, you'll get a walkthrough of the most critical steps:

- > **The Day Before: Gathering Information**
- > **The Morning Of: What to Wear**
- > **Before You Leave: Items to Bring with You**
- > **During Your Session: Determining Your Goals**
- > **After Your Evaluation: Questions to Ask**

Ready to get started on the road to recovery from your injury or condition? Great! Let's jump in by first doing a quick review of what you can expect.



# Body Maintenance & Repair: Your Physical Therapy Evaluation

## The Day Before: Gathering Information

First and foremost, you'll want to bring your physical therapy prescription with you to your first visit to our center.

However, keep in mind that a prescription may not be required for all types of physical therapy, which is why it's a good idea to check with your therapist to see what kinds of treatments are available to you without a prescription.

So, if you're looking to boost your mobility, relieve pain, or heal your body, feel free to stop by our facility for your evaluation. The certified professionals here will be able to tell you more about your treatment options.

## Your Medical History

Why is your medical history important in preparing for your first appointment? Well, by arriving at our physical therapy center with your medical history in mind, you'll be able to equip our therapists with a better understanding of your needs.

All in all, this allows your therapist to more easily assemble a personalized and comprehensive treatment plan that addresses each and every inch of your body in a way that reduces pain and avoids injury to other muscles, ligaments, and tendons.

So, even if there's a condition or syndrome that you have that doesn't seem related to your current injury, it's still a good idea to inform your physical therapist about it. By doing so, they'll make note of it for their records and keep it in mind during your exercises and stretches.





# Body Maintenance & Repair: Your Physical Therapy Evaluation

## Ponder Your Pain

Next, it's essential to spend some time coming up with a list of your current symptoms—whether you're struggling with a particular injury or condition, or even if you aren't quite sure what's causing your pain. Some of the best questions to ask yourself are:

- > **Which symptom is most bothersome to me?**
- > **When do I notice the pain?**
- > **How long have I been experiencing the pain?**
- > **Does sitting or standing increase or decrease your symptoms?**

After you've finished thoroughly reviewing your symptoms and created a list of things you'd like to focus on, you'll be able to fully inform your personal physical therapist about your issue. That way, they can gather all the necessary details to diagnose your injury.

## Other Medical Information

Now that you've thought about your symptoms and pain points, you're ready to write down any prescriptions, vitamins, and supplements you're currently taking.

With this information, our therapy professionals will be mindful of any techniques or modalities that could interact with those medications or if they could be the cause of your pain.

Below are a few of the other relevant items you'll want to communicate to your physical therapy clinician:

- > **Recent accidents or injuries**
- > **Environmental factors that could contribute to your condition**
- > **Medical conditions that run in your family**
- > **The name of your primary care physician**



# Body Maintenance & Repair: Your Physical Therapy Evaluation

## The Morning Of: What to Wear

When picking out the clothes you're planning to wear to your physical therapy evaluation, think about things that you'd put on for a workout. Would you wear a dress or suit on a hike? Most likely not. Well, the same goes for your physical therapy apparel.

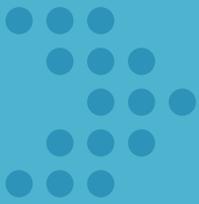
Rather than going to your appointment straight from work in your business attire, stop at home first and slip into a comfy pair of shorts or sweatpants, and a tee shirt. Or, bring your clothes to our Center with you and change into them before you meet with your physical therapist. Also, remember to wear an appropriate pair of shoes, like sneakers.



This way, you'll be able to easily perform certain diagnostic movements and stretches with your physical therapist, which helps them diagnose your condition and perform biomechanical exams. On top of that, you'll want to take the location of your injury into consideration while picking out what to wear.

For example, if you're dealing with a knee strain, put on a pair of shorts so that our doctors can quickly access your major pain points. The same idea applies to other parts of your body, such as:

- > **Shoulder Pain= A tank top**
- > **Lower Back Injury= A loose-fitting shirt**
- > **Ankle Strains= Comfortable pants or shorts**



# Body Maintenance & Repair: Your Physical Therapy Evaluation

## Before You Leave: Items to Bring with You

Like any other doctor's appointment, it's important to bring along information and paperwork that applies to your medical condition, including your insurance card. Once you arrive, we'll happily apply any insurance coverage you qualify for during your treatment at our facility.

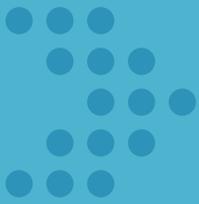
Speaking of insurance coverage, if you're receiving benefits like Workers' Compensation for rehabilitation, you'll need to provide us with the claim number so that we can add that information into our system. Then, grab your preferred payment method, and you're ready to head out of your front door.



## During Your Session: Determining Your Goals

Congrats! You've made it to your first physical therapy evaluation and are ready to learn more about how our team can treat you.

With the knowledge and expertise of our Doctors of Physical Therapy, you'll be guided throughout your recovery journey with clear and straightforward instruction.



# Body Maintenance & Repair: Your Physical Therapy Evaluation

Plus, we make it a point to arm each patient who walks through our doors with a customized treatment plan that addresses all your needs. This unique methodology allows us to hone in on the particular problems you're facing and stay on track with your physical therapy goals.

Thanks to our remarkable approach, weekend warriors, health nuts, and senior citizens alike will receive tailor-made care for whatever your objectives may be—from strength-building to mobility improvement, and everything in between.

To begin, we'll sit down with you to discuss more about your medical history, current prescriptions, symptoms, and any other items you included in the list we mentioned above. From there, your certified therapist will perform some evaluations to determine the cause of your issue, such as:

- > **Posture Assessment**
- > **Palpation (Manual Analysis)**
- > **Range of Motion**
- > **Neurological Screening**
- > **Special Tests**
- > **And more**

After these steps have been completed, it's time to brainstorm! We do this by taking a moment to speak with you and coming up with a treatment plan that includes your insights into the types of therapy you should receive.

Furthermore, our highly-educated clinicians will ask you about some of the short- and long-term goals you have in mind.

Let's say that your long-term ambition is to complete a run without experiencing knee pain. If that's the case, what would your short-term milestone be? You could start with something like performing a leisurely, mile-long walk without feeling a pull in your knee, or something similar.

Depending on the type of injury you're facing, our therapists may opt to utilize one of the cutting-edge technologies available in each of our locations across New Jersey, like the Alter-G Anti-Gravity Treadmill®.

This innovative machine allows you to practice normal gait patterns and high-intensity exercise at a fraction of your body weight by using a unique differential air pressure.



# Body Maintenance & Repair: Your Physical Therapy Evaluation

For a therapy that's ideal for any type of injury, EPAT (Extracorporeal Pulse Activation Treatment) sends acoustic pressure waves into your muscles to boost the healing process.

Overall, this non-invasive technology helps to reduce pain and enhance your mobility. Moreover, roughly 80 percent of patients experienced noticeable results after about three to four EPAT sessions.

Again, these modalities are just a few examples of the state-of-the-art technologies housed within our physical therapy center, so be sure to ask your therapist about the other techniques that may be right for you.

## After Your Evaluation: Questions to Ask

You've finally completed your first physical therapy evaluation. Now is your chance to ask your therapist any questions you have in regard to your rehab treatment.

From the frequency of your appointments to information about our team and facility, our professionals are happy to answer any inquiry. Some of the most pressing questions on your mind may be things like:

### > How long will it take me to recover?

The amount of time it will take for you to recover largely depends on the type of injury you're dealing with. Thankfully, Trinity Rehab is armed with a large selection of advanced physical therapy machines, modalities, and techniques, all which will help you feel better as quickly as possible.

### > Who will treat me?

While some physical therapy centers may resort to pairing you up with an unfamiliar therapist every time you visit, we like to do things a little differently.

Instead, our staff provides each patient with a therapy professional who will be by your side during each appointment. By building a relationship with your therapist, you'll trust that they know how to treat your body.

# Body Maintenance & Repair: Your Physical Therapy Evaluation

## > What are your physical therapists' qualifications?

We're glad you asked! Our Doctors of Physical Therapy come with board certifications from the state and offer up years of expertise in treating any part of the human body.

And, if you happen to be looking for a specialist, we're proud to supply you with a team of professionals with specific training and skill sets, including Movement Impairment Specialists, and more.

Of course, these are only a few of the questions you want to ask our physical therapists. To remember all your inquiries, throw together a list before your initial appointment!

## Schedule Your Physical Therapy Evaluation Today!

At Trinity Rehab, we're dedicated to helping you reach your healing milestones by treating you with personalized attention, professional guidance, and leading-edge technologies. So, if you're ready to repair your body and make an inspiring comeback, schedule your physical therapy evaluation by giving us a call today!

Don't forget to save this ***Body Maintenance & Repair: Your Physical Therapy Evaluation*** eBook to your computer, so that you can refresh your memory on all the necessary steps of preparing for your appointment.

