



# WHAT TO EXPECT ON YOUR FIRST DAY OF PHYSICAL THERAPY





# What to Expect on Your First Day of Physical Therapy

Let's face it: You like to always prepare yourself for the unexpected. That way, you know exactly how to handle anything life throws your way. So, if you happen to be dealing with a recent injury or a chronic condition, it's important that you know exactly what to expect during your recovery process.

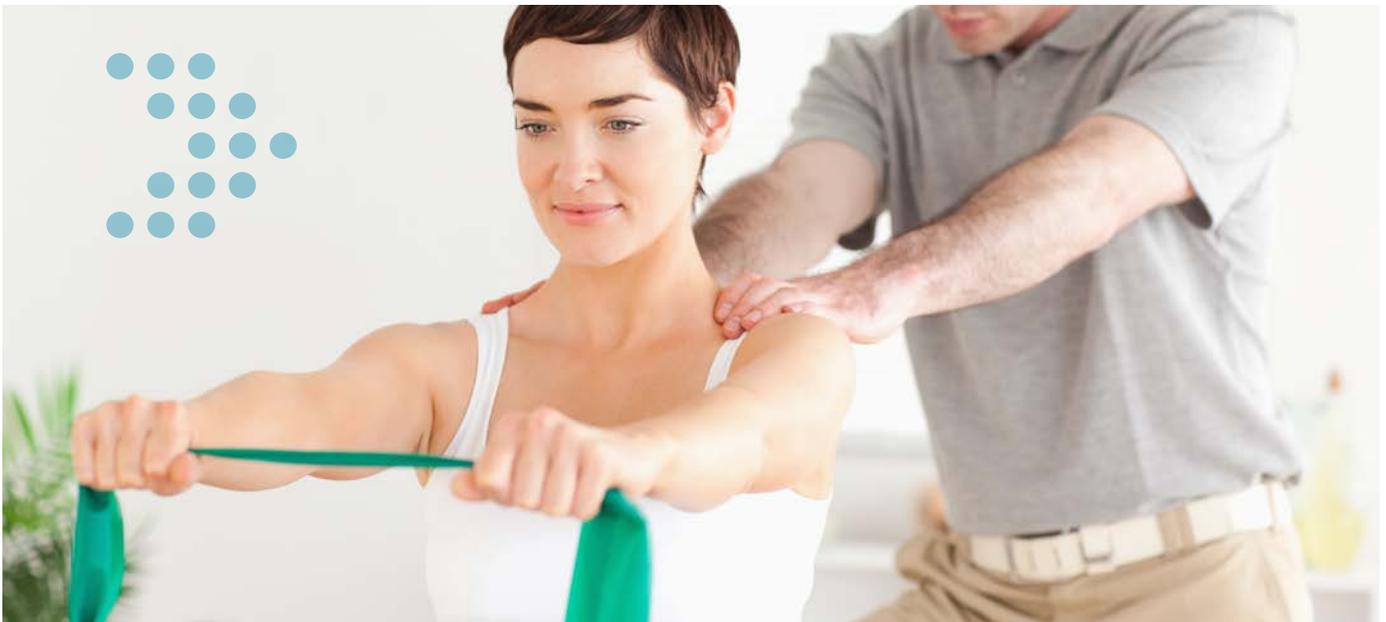
Well, you're in luck, because Trinity Rehab is here to give you some insight into all the main components of your first visit to our physical therapy center.

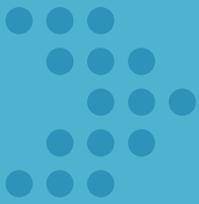
In this ***What to Expect on Your First Day of Physical Therapy*** eBook, you'll get a better sense of your initial evaluation and appointment at our facility. From reviewing your medical history to designing your customized treatment plan, this guide will help you arrive at our state-of-the-art physical therapy center knowing exactly what to anticipate.

In addition to the helpful information found in this eBook, we'll provide you with answers to some of the most common questions from first-time patients, such as:

- > **Do I Need a Referral?**
- > **What Should I Wear?**
- > **What About My Medical History?**
- > **How is the Physical Examination Conducted?**
- > **Will I Receive a Treatment Plan?**

Thanks to our thorough review of the most common injuries our team answers, you'll be fully prepared for your visit and walk through our doors feeling comfortable and at home.





# What to Expect on Your First Day of Physical Therapy



## Do I Need a Referral?

To make this guide as beneficial as possible, we're going to start off with your doctor's visit. This usually occurs when you first experience an injury or realize that you have a condition. Now, depending on the state where you live, you'll want to verify whether you need a referral from your doctor to get your physical therapy treatment.

Fortunately, New Jersey's Direct Access Physical Therapy legislation allows you to get the right treatment without a referral from your doctor. What does this mean for you? Well, Direct Access provides you with a few essential benefits.

**Less Waiting:** Instead of waiting for days or weeks to see your doctor for a physical therapy referral, you're free to go straight to our physical therapy center as soon as you feel pain. With this, you won't risk injuring yourself further before you get the care you need.

**Speedier Recovery:** By wasting no time in visiting a physical therapy center, you'll get back on the road to recovery immediately. That means that your injury or condition won't hold you back from the activities you love most—whether you're a busy professional, a senior citizen, or a marathoner. In short, faster treatment means faster pain relief.



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**Fewer Healthcare Costs:** Studies have shown that, by allowing patients to contact physical therapy professionals directly, it ultimately reduces the need for medical screenings, pain medications, surgery, and more. With this advantage, you'll easily score a natural, non-invasive approach to healing your body.

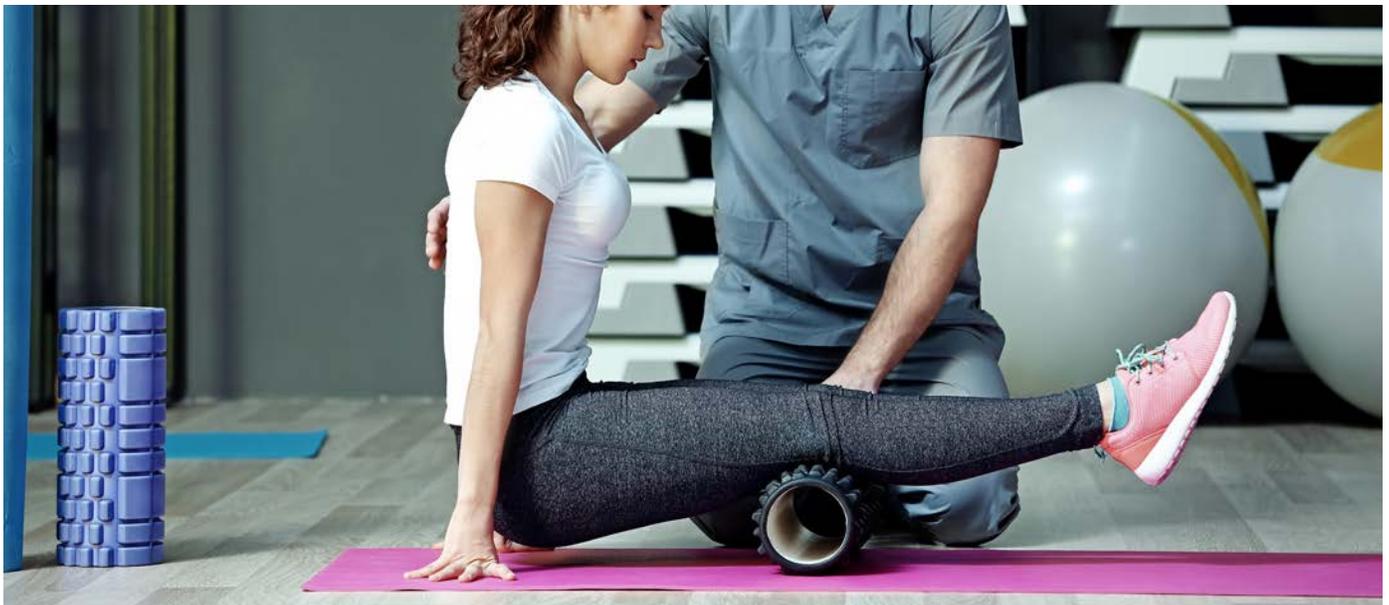
Put simply, you do not need a referral from your doctor to obtain the best remedy for your injury or condition. Plus, sidestepping this phase of the physical therapy process comes with a host of advantages that'll make your recovery goals even easier to achieve. Talk about a win/win!

## What Should I Wear?

When it's time for you to get ready for your physical therapy appointment, you want to put on something different than what you'd typically wear to a doctor's appointment.

That's because, even during your initial visit, our board-certified physical therapists will need to have access to the location of your injury. By doing so, they can appropriately identify the root cause of the problem and prescribe the correct techniques to get you healed up.

Before you hop in your car and drive to one of our locations across New Jersey, take a look at your attire. If you're currently sporting work clothes, tight apparel, dressy shoes, or lots of jewelry, you'll want to change into something more comfortable.





# What to Expect on Your First Day of Physical Therapy



For example, anything you'd typically wear to the gym or for a workout is ideal for your physical therapy appointments. Search your closet for items like these:

- > **Gym shorts/pants**
- > **Yoga pants**
- > **T-shirts**
- > **Tank tops**
- > **Loose-fitted apparel**
- > **Sneakers and more**

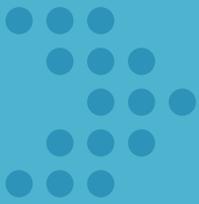
On top of that, grab a hair tie before you leave your house, if you happen to have long hair. This is especially crucial if your therapist will be evaluating your neck or upper back.

**Tip:** If you happen to be coming to your first visit directly from work, bring a duffel bag with you that contains a change of clothes, including some of the garments listed above. When dressed appropriately, our doctors of physical therapy can more effectively evaluate your injury and administer modalities and treatments to you.

## What About My Medical History?

Once you've met your personal physical therapist, they'll take a few moments to discuss more about your medical history. This step helps your therapist understand more about your needs and what movements or exercises to avoid while you're receiving treatment.

All in all, your medical history allows us to tailor your customized recovery plan to your body and any injuries you've dealt with in the past. In addition to those details, we'll ask you to tell us about any current medications you're taking.



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Not only does this help us cater our techniques to your physique even further, but it also assists us in considering other physical therapy techniques and remedies that could reduce your dependence on prescriptions. That way, you'll mend your body in a wholesome way that doesn't require the use of medications.

To get a better sense of how your injury and pain is affecting your quality of life, we'll also include a thorough analysis of your present complaints, things that ease the pain, and movements that cause you extra discomfort. These initial evaluations arm us with more insight into what the catalyst of your condition may be.

**Tip:** The day before your first physical therapy appointment, write down a list of the goals you'd like to accomplish during your treatment. Our therapists will then apply their extensive knowledge to find the plan that gets you on the road to achieving those milestones.

## How is the Physical Examination Conducted?

Now that we've covered the importance of your medical history, let's take a look at what to expect during your physical examination.



# What to Expect on Your First Day of Physical Therapy



In this portion of your first day, our professionals will employ a series of biomechanical exams, so that they can properly diagnose your injury. Included in this exam are tests like:

**Palpation:** First, your certified clinician will apply manual pressure to the part of your body that's causing you the most trouble. This technique yields further insights into the symptoms of your injury, like swelling, tissue integrity, inflammation, tenderness, and more. Plus, the information we uncover during this test can help us understand more about your injury.

**Range of Motion:** Have you ever noticed that it's difficult for you to perform daily tasks while you're injured? Well, that's exactly what our team tests during the Range of Motion exam. Here, you'll be asked to stretch and move in certain ways that tell us more about your mobility and how to improve it.

**Posture Assessment:** If we suspect that your troubles could be affected by your posture, we'll carefully review your stance and any muscle weaknesses that may be preventing you from sitting or standing straight.

Of course, these inspections will also include any special assessments that your physical therapist feels are necessary to fully understand your condition.



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## Will I Receive a Treatment Plan?

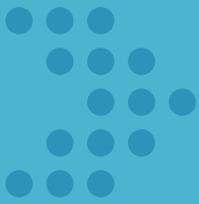
Last, but certainly not least, you and your physical therapist will create your personalized treatment plan.

With our dedication to adhering to your body's needs throughout your treatment process, you'll know that every exercise and technique utilized in your treatment protocol is designed to boost your rehabilitation. As a result, you'll reach the recovery finish line as quickly and painlessly as possible.

And, rather than crafting your healing plan on their own, your physical therapist will consult you throughout the process. So, if you happen to have a specific goal in mind, they'll ask you about that objective and configure each step to help you reach those ambitions.

Furthermore, we strive to enhance your recuperation by equipping your treatment with some of the latest physical therapy modalities, like our Alter-G Anti-Gravity Treadmill®.

This cutting-edge machine allows you to practice natural gait patterns and build your lower-body endurance by using unweighting technology. After your therapist helps you climb into the anti-gravity chamber, you'll run or walk at a fraction of your normal body weight.



# What to Expect on Your First Day of Physical Therapy

As another treatment alternative, each of our locations offers up EPAT (Extracorporeal Pulse Activation Treatment) therapies. This quick and easy technique provides your body with immediate pain relief with acoustic pressure waves, which gradually mend your injury by stimulating the metabolism, boosting the healing process, and increasing blood circulation to the area.

Don't forget about all the other modalities supplied at our innovative therapy center! To learn more about your options, feel free to take a look at our techniques & modalities page on our website.

## Schedule Your Physical Therapy Appointment Today!

At Trinity Rehab, we're committed to supporting our patients with all the information you need to feel comfortable and confident during your first visit to our center.

And, by reviewing the valuable details contained in this ***What to Expect on Your First Day of Physical Therapy*** eBook, meet your recovery goals and get back to your busy lifestyle in no time.

Ready to learn more about how our experienced physical therapists can help you? All you have to do is schedule your free screening, make your first appointment, or give us a call today!

