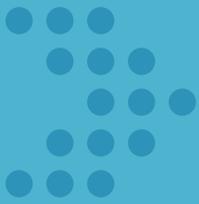




# HOW TRINITY REHAB WORKS

**FROM SCHEDULING YOUR FIRST APPOINTMENT TO INCORPORATING PHYSICAL THERAPY INTO YOUR DAILY ROUTINE, LEARN WHAT YOU NEED TO BE PREPARED FOR DURING YOUR PHYSICAL THERAPY JOURNEY.**





# How Trinity Rehab Works

You love feeling those happiness-boosting endorphins after you've tested yourself against a challenging hiking trail or an extra-long run.

But, what do you do when you wake up one morning and feel a not-so-subtle pull in your back, leg, or any other part of your body?

How can you make sure that it's properly addressed, so you can continue with that active lifestyle that keeps your body so trim?

Well, at Trinity Rehab, we put our patients first. So, when you start noticing that your mobility isn't quite as good as it used to be, we're here to provide you with the physical therapy you need to make a speedy recovery.

As part of our commitment to a pain-free lifestyle for patients all across New Jersey, we want to help you understand what to expect when you visit our facility, as well as how we operate. That's why we've created this comprehensive guide to How Trinity Rehab Works.

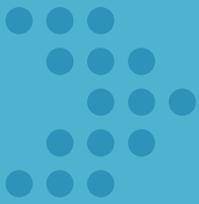
Throughout the pages of this eBook, you'll learn more about the steps of our physical therapy process and just how easy it is to get the treatments that are best for your particular injury, condition, or fitness goals. Some of the topics we'll cover include things like:

- > **Talking to Your Doctor**
- > **Scheduling Your First Appointment**
- > **Your First Day of Treatment**
- > **Your Customized Therapy Plan**
- > **Utilizing Our Technologies**
- > **At-Home Exercises**

By taking some time to read through this all-inclusive manual to how our physical therapy center operates, you'll know exactly how to prepare for your first visit and what our board-certified professionals will do to help you make a full comeback.

That way, nothing will hold you back from your daily responsibilities—whether you want to accomplish simple activities or run a full marathon.

**Let's get started!**



# How Trinity Rehab Works

## First Step: Talking to Your Doctor

As a common misconception of physical therapy, most people think that you're required to have a doctor's referral to get access to our treatments. Luckily, New Jersey provides patients with Direct Access to physical therapy professionals, which means that you don't need a doctor's permission to obtain the therapies you need to heal your body.

However, if your doctor does give you a referral, our team will gladly welcome you into our facility. We consider our open-door policy part of our mission to equip each and every person with the treatment they need to live their best life.

In addition to that, allowing non-referral patients to access our physical therapy clinicians, treatments, and technologies makes it even easier for you to visit us, regardless what your goals may be.

For example, if you'd like to use our equipment to boost your endurance or build some extra strength before a competition, you're free to do just that.





# How Trinity Rehab Works



[CONTACT US](#)

## CONTACT US AND REQUEST AN APPOINTMENT

\* Required

First Name: \*

Last Name: \*

## Scheduling Your First Appointment

At Trinity Rehab, our patients come first. To ensure that every step of the reservation process is as simple as possible, we've designed a user-friendly online scheduling system.

With this convenient tool, you can enter your information and supply us with additional details about your specific medical issue or a special request. Thanks to this handy tool, you'll be able to make your physical therapy appointment from the comfort of your own home.

After you've scheduled your initial consultation, you're welcome to download our patient forms prior to the day of your visit. That way, your personal physical therapist can quickly evaluate your information and file your paperwork into our system. Then, you're ready to get started on your journey to a full recovery from your injury or condition!

If you prefer to reserve your visit by speaking to us directly, feel free to give us a call or stop by one of our state-of-the-art physical therapy centers throughout New Jersey.



**CALL TOLL FREE 1.800.518.0977**  
**Trinity-Rehab.com**



## Your First Day of Treatment

Congratulations! You've finally arrived at the first day of your physical therapy treatment.

To make sure that you have everything you need, write down a quick checklist of the following items to bring with you to your appointment:

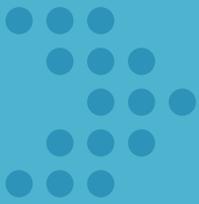
- > **Payment Information**
- > **Insurance Card**
- > **Doctor's Referral (if you have one)**
- > **Worker's Compensation Information (if necessary)**



To make sure that you have everything you need, write down a quick checklist of the following items to bring with you to your appointment:

Once you've walked through our doors, our representatives will quickly log all necessary information and team you up with a physical therapist that's ideal for your condition or injury. From there, we'll get to know you a little bit better by asking you a few questions about the following:

- > **Your Medical History**
- > **Current Pain Points or Issues**
- > **Pain Intensity, including what intensifies it/what eases it**
- > **How Your Injury is Impacting Your Life**
- > **Your Physical Therapy Goals**
- > **Any Medications You're Taking**



## How Trinity Rehab Works

Now that your dedicated physical therapist understands more about your needs, they'll perform a few quick tests that'll provide them with more information on how to improve your mobility and decrease your pain.

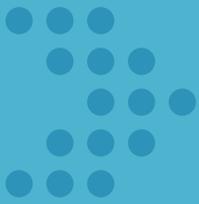
First, we'll manually evaluate the area of your body where you're experiencing the most pain. By doing so, our therapists can identify any other parts of your muscles that could be damaged. This palpation test also gives us a sense of which types of therapies to employ and which to avoid.

After they've completed that analysis, your physical therapist will take a closer look at your range of motion, so they can see what types of movements cause you the most pain.



## Customization for a Full Recovery

When you're dealing with an injury that's holding you back from an active lifestyle, why would you choose a physical therapy center that treats you like a number, instead of a unique individual?



## How Trinity Rehab Works

Well, the reason why we perform these assessments is so that we can obtain further insights into how your body functions, and present you with a treatment solution that's tailored to your specific injury, condition, and preferences.

Plus, while we're building your physical therapy program, we'll speak with you about a few different topics to ensure that each detail caters to your way of life and needs. Some of the things we'll discuss while constructing your plan are things like:

- > **Number of Physical Therapy Sessions Per Week**
- > **How Long Therapy Will Last**
- > **Your Short- and Long-Term Goals**
- > **Home Programs and Exercises**
- > **Expectations Once Therapy is Complete**

After you've approved your treatment plan, we'll get to work by walking you through some of the techniques, modalities, and exercises that'll get your body back into fighting shape.

## Cutting-Edge Physical Therapy Technologies

Above all else, the road to a full recovery after an injury should be filled with cutting-edge physical therapy options and plenty of innovative equipment.

Fortunately, each of our facilities come outfitted with industry-leading treatments that you'll be hard-pressed to find elsewhere. Let's check out some of our most effective and popular therapies...



# How Trinity Rehab Works

## **Alter-G Anti-Gravity Treadmill®**

By utilizing the Alter-G Anti-Gravity Treadmill® at any of our locations, you'll gradually reacquaint your body with high-impact exercise and stabilize any muscles, bones, ligaments, or tendons that have recently suffered from an injury.

### **> How does it work?**

Put simply, the Alter-G® uses air pressure that works against gravity and allows you to walk or run at just a fraction of your normal body weight. With less mass holding you back, you'll be able to move at a steady pace and with a normal gait pattern.

All in all, the unweighted chamber prevents you from overcompensating for your injury and strengthens the parts of your body that may have been weakened after an accident.

## **Extracorporeal Pulse Activation Therapy (EPAT)**

If you prefer physical therapy options for parts of your body other than your lower extremities, our EPAT therapies are perfect for you. With this non-invasive approach to restoring full body functionality, your therapist will apply pressure waves to the surface of your skin using a handheld applicator.

Each treatment you'll receive with this technology provides you with immediate pain relief by boosting your metabolism, enhancing blood circulation, and speeding up the healing process.

Additionally, each session only lasts about five to ten minutes, which means that you can squeeze in some physical therapy, even when you have a busy day ahead.



## Healing Your Body at Home

No matter what you're suffering with, your physical therapy efforts should be supported at home, as well as inside our facility. That's why our committed professionals arm you with a gamut of at-home exercises that you can complete in your down time.

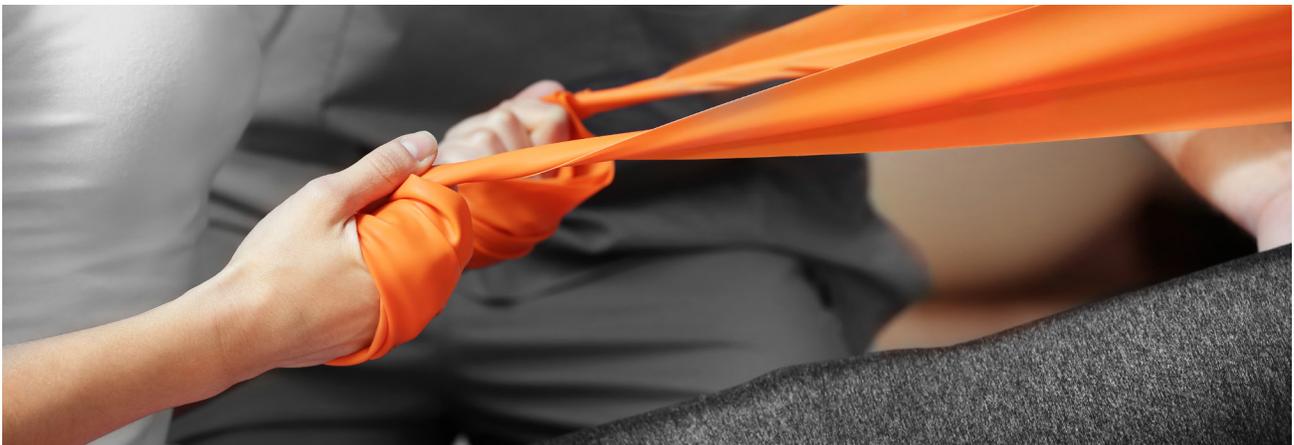
Plus, each of these exercises incorporates items found in your home, such as towels, rubber bands, silly putty, and even soup cans.

### Leg Stretch

To give you an idea of what types of at-home exercises you can expect from your physical therapy treatment, let's do a quick leg stretch. First, grab a bath towel and loop it around your ankle or the bottom of your foot.

Next, draw the towel forward until you feel a slight pull in your hamstring. Hold that position for about thirty seconds before repeating the same process on the opposite leg. It's as simple as that!

But remember, only perform this exercise if it's been recommended by your physical therapist. That way, you'll avoid doing anything that'll aggravate an existing injury. Of course, this is only one of the many at-home maneuvers your therapist will provide, so ask them about some of the others once you arrive for your first appointment!





# Preparing Your Body for a Comeback!

At Trinity Rehab, we believe that equipping our patients with information about how to prepare for your first physical therapy appointment is the best way to help you make the most of your recovery journey.

So, if you're ready to improve your mobility and get back to a spirited lifestyle, look to our team of certified experts for assistance.

Why wait around and let your injury hold you back from your favorite hiking trails? Instead, schedule your free screening, reserve your first appointment, or contact us today!