



WELCOME...to Sports & Wellness Physical Therapy. Our Physical therapists are educated and trained professionals who treat physical dysfunctions and provide orthopedic or neurological rehabilitation.

Your physician has referred you to physical therapy because of your given diagnosis. Based on the referral from your physician, our therapist will perform an evaluation, develop a treatment plan and treat your injury or disease. We will continually reassess your status and will progress your treatment accordingly. Your treatment team will consist of physical therapists, physical therapy assistants and physical therapy aides. They will all work together in assisting you to reach your treatment goals.

TREATMENTS are by appointment only. Please telephone our office at (805) 439-2159 for your appointments. Our hours are Monday, Wednesday and Friday from 8am- 6pm, and Tuesday and Thursday from 8:00am-4:00pm.

It is extremely important to be prompt and keep your scheduled appointments. If you arrive late for a scheduled appointment or without an appointment we will re-schedule you as soon as possible. The patients that are here for their scheduled appointments are always given highest priority.

Your therapist may prescribe a home exercise program as part of your treatment. Your participation in this program will greatly increase your body's ability to recover and stay healthy. Please follow the therapist's instructions carefully. If during your exercises you should experience any of the following:

- Shortness of breath
- Unexpected pain
- Fatigue
- Uncertainty of correct performance

Please discontinue exercising until you have discussed these problems with your therapist.

APPOINTMENT CANCELLATION POLICY.... is as follows:

1. If for any reason you are unable to keep your appointment, as a courtesy to our other patients and the staff, please **RESCHEDULE OR CANCEL** your appointment as early as possible, and **AT LEAST 24 HOURS IN ADVANCE** of your appointment. We have an answering machine for your convenience during non-working hours, weekends and holidays. Missed appointments will be billed as a "no-show" charge. The charge for a "no-show" is \$100 and will not be covered by your insurance carrier.
2. **Workman's Compensation Patients**.... It is a requirement that we notify your physician, company nurse, insurance company or industrial insurance carrier of poor attendance for physical therapy care. Should you have three (3) appointment cancellations with inadequate notice, or two (2) "no shows" for scheduled appointments, you may be discontinued as a physical therapy patient and your physician will be notified.

IN CONCLUSION... our primary goal is to provide you with the highest quality of physical therapy possible and to assist you to a speedy recovery. Please help us to assist you in your recovery by keeping all of your physical therapy appointments.

I have read the above and understand my obligations.

(Patient's signature)

Date

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