



# KNOW BEFORE YOU GO PHYSICAL THERAPY (PT)

Physical therapy (PT) can help with pain and/or help you move your muscles and joints without any problems. Often, surgery and long-term use of medicines are not needed. Your therapist might include exercises that focus on strength, movement and balance and may also ask you to do other things to help with your muscles and joints. He or she might also teach you how to keep these problems from happening again. The goal is to help you to be able to move or walk and to learn how to do your job tasks safely and get back to work.

## WHAT TO EXPECT

### Your Evaluation:

- Arrive 15-20 minutes early to your first appointment for any paperwork
- Wear:
  - Comfortable, loose fitting clothing
    - Short sleeves for upper body injuries
    - Shorts for lower body injuries
  - Appropriate footwear
  - No jewelry
- Bring:
  - A list of all medications you are taking
  - Any medical reports or test results about your injury
  - Any splints, braces, etc. being used
  - A photo ID
- Please follow your doctor's advice about medications
- Your appointment will be with a licensed physical therapist and will focus on different physical and functional abilities impacting your work ability

### Follow Up Appointments:

- Go to all your appointments
- Make up any missed appointments
- Follow your home exercise program

## THE BASICS:

- Tell your therapist about your:
  - Symptoms
  - How your injury happened
  - Test results
  - Job duties
  - Other doctor or therapist visits
  - What gives you relief for your symptoms
- Your therapist will create a treatment plan for you, which will include short-term, long-term and home goals in order to help you get back to work
- Visits are typically about 30 minutes to 1 hour



## QUESTIONS OR CONCERNS?

Call 866.389.0211 to speak to a  
One Call Representative.



This content is not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider with any questions you may have.

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