



On your first visit to Physical Therapy, you can expect the Physical Therapist to ask you questions about...

- Your current condition.
- Your previous medical history, including surgeries.
- All medications you are taking.
- General information about your home.
- Your current and past level of activity.
- Your goals for recovery.



Your Physical Therapist may need to examine body parts that are causing you problems.

It is a good idea to wear loose fitting clothing that is easily removed, or that is comfortably moved out of the way.

Your Physical Therapist will always strive to protect your privacy and your modesty.

The Physical Therapist may assess many aspects of your well-being, including ...

- Pain - its location, intensity, and nature.
- Movement - how smoothly and deliberately you move and change positions.
- Strength & Endurance - how strong are your muscles and how long can they work.
- Flexibility - how far are you able to move your body parts.



Once your Physical Therapist determines how you can benefit from physical therapy treatments, he or she will create a "Plan of Care" to meet your specific needs.

The Plan of Care will specify...

- Treatments to be performed.
- How often you should receive therapy.
- Goals indicating the amount of improvement you might achieve.

Your Physical Therapist may teach you exercises to perform at home.

Your Physical Therapist will teach you about your current condition and how you can actively work to improve it.