



## Mobile Physical Therapy

Ready to take that next step on the road to recovery? We are here to help! Here are some questions to make it a smooth and easy process for you.

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### **How it works?**

Once the patient reaches out to Core Rehab & Wellness, either through the company's website or calling direct, with a referral from your health care provider (Physician, Nurse Practitioner, Physician Assistant, etc), Dr. Bennett will coordinate a free phone consultation with the patient to discuss your therapy needs. Then an in-person evaluation will be scheduled at the patient's convenience.

### **When can I start?**

Patients may start physical therapy services at any time with a referral from their health care provider ( [add link to form here](#)) We treat all ages with a variety of conditions.

### **How do I start?**

First step would be for the patient to acquire a refereecal from their health care provider. Then the patient can reach out to Core Rehab & Wellness to get on their way to recovery!

### **What if you don't take my insurance?**

With the high cost of healthcare and even higher deductibles, many patients never meet their deductible in time for insurance to apply. if this is the case for you, we will check your insurance benefits and describe to you in detail the cost of service. it will never be higher than what you would pay with in

network, and we will always inform you of the cost prior to initiating service, so you can make an educated decision, prior to starting therapy.

### **Do I have to be home bound to receive therapy?**

No! This is outpatient physical therapy ***brought to your door***. We can come to you, or you may see us in the clinic

### **What can I expect during a session**

A personalized plan! Each session will be provided by the same licensed and trained physical therapist. We take the time to listen to your concerns, and address them individually using clinical knowledge and judgements; with hands on skilled interventions.

### **Can I pay for interventions my insurance doesn't cover?**

Yes! Call us today to discuss our work-out and maintenance programs! As well as *Pilates* and *Post-Partum* recovery options!

### **What if I don't need physical therapy interventions but want someone to help me get back to my gym routine?**

We are 100% here for this! We can help create a routine that is catered to your active level and personal goals. As this is not a medical necessity, it would be considered a "cash pay" service with a flat rate fee applied. Call us today to get rates for our personal health routines!

Please provide 3-4 sentences about each of the following types of therapy you want to focus on. The rest will be on the same page in list form

- Pelvic Health/Floor
- Elderly Patients
- Middle Aged Active-Weekend warriors OR Pediatrics or CROSSFIT
- Crossfit for pelvic health
- Wellness visits and ongoing maintenance care programs for Medicare patients, which are services not covered by insurance: i.e. you would like to return to your gym routine with the supervision and skilled services of a physical therapist.