



Working with us is good therapy.<sup>sm</sup>

## Frequently Asked Questions

*“No cost, convenient therapy at my own health & wellness center”*

### How would I know if Physical Therapy is something I would need?

If you are experiencing pain or other symptoms that affects your ability to sit, stand, sleep, or move, a physical therapist may be able to help. Common reasons for PT include:

- neck or low back pain
- arthritic or painful joints
- pre- or post- surgical strengthening
- joint sprains or muscle strains
- repetitive motion injuries
- injuries from slips, falls, or other trauma

### What can Physical therapy do?

Physical Therapy is referred when an additional need for detailed assessment of strength, joint integrity/alignment, balance, posture, or movement patterns. Following a detailed assessment, a physical therapist will make recommendations for an individualized plan of treatment to:

- help eliminate current symptoms through treatment, education, and activity modification with the goal of restoring normal posture, strength, movement
- provide education on the contributing factors and implement solutions to help reduce the likelihood of recurrence

### Can my entire family access Physical Therapy Services?

Absolutely! Physical Therapy Services are available to all **IU13 employees and dependents** who are enrolled in a Health Plan.

### Are there additional costs for Physical Therapy?

No, there are no additional copays or deductible amounts.

### How long does Physical Therapy last?

Physical therapy is scheduled according to the individualized treatment plan recommended by your therapist at your evaluation appointment. In some cases, only 1-2 visits may be required for your therapist to instruct you in a home exercise program and provide you with the necessary education and training. Depending on your specific needs, therapy appointments may be scheduled 1-3 x/wk for treatment which would include

- progressive stretching/strengthening
- manual therapy techniques including joint and soft tissue mobilization
- use of modalities including ultrasound, e-stim, and iontophoresis
- taping techniques
- instruction in a home exercise program

### Find out why “working with us is good therapy”

*The Health & Wellness Center and Physical Therapy are available to staff and dependents who meet eligibility criteria.*

**100%**  
Patient  
Satisfaction

**TOP 4%**  
nationally for  
treatment  
effectiveness



**To schedule  
your appointment:**

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