



[athen s t h e r a p e u t i c s]

Patient's Guide to Care

physical therapy & wellness center

Please review the following. It will help orient you to our approach here at Athens Therapeutics. Should you have any additional questions, please feel free to ask your therapist or the front office.

During the first session:

- We have to spend most of the time during the first session doing an evaluation. We do a very comprehensive evaluation to fully understand your problems. We will usually have time to start some treatment and give you some exercises (or other self-help tools) to start with at home. Starting the second session the focus will be completely on treatment.
- The therapist doing the evaluation is the patient's primary therapist. Their role is to assess the problems with the patient and to come up with a plan of care to help the patient achieve their goals.
- We have a team approach where the patient will be seen by a few different therapists. Each therapist has unique skills and specialties but still follows the general guidelines of the plan as set by the primary therapist. When scheduling your appointments after your evaluation is complete, feel free to schedule into any open slot that works for your schedule. We will decide which therapist should see you for that session based on what your needs are.
- If the patient finds they are responding better to one therapist's approach versus another therapist, they can request to see that therapist regularly. Other patients feel they benefit more from seeing multiple therapists because they feel like they get a little different perspective from each therapist.

On going during the patient's treatment:

- Physical therapy is not a one visit or short term treatment. For optimal results, the patient should expect to attend therapy multiple times a week for 6 weeks to 3 months at minimum (depending on their diagnosis).
- It may take a few treatments before the patient begins to feel benefits. If the patient does not feel any improvements within 8-10 sessions then we're probably not going to help. Ninety percent of our patients get some level improvement within 8-10 visits. If the patient is not getting any improvements, they are encouraged to attempt all of our options (other therapists, other techniques) before discontinuing therapy.
- Our approach will be different from past physical therapy experiences patients may have had in the past. The main tool we use is manual therapy (hands-on techniques) to help reduce tightness and restore alignment to the patient's body. The manual therapy will be gentle but very effective.
- Wear comfortable clothing to your treatment sessions.
- The therapists often refer to treatment manuals during sessions. The main approach we use, Integrative Manual Therapy, encompasses more than 25,000 individual techniques. Therapists will often refer to their treatment manuals for specifics on performing these techniques.
- We measure the patient's progress from session to session. Every 90 days (should treatment last that long) or before you return to your doctor, we will perform a full re-evaluation to see how much progress is being made towards the goals set for the patient. The criteria for continuing therapy is that a patient must show objective progress but still have potential for further improvement.
- We must adhere strictly to our cancellation policy. Any cancellation made without 24 hours notice is subject to a \$50 fee. Three cancellations for any reason will result in the discontinuation of services.
- There are several options if the patient stops making progress or meet their goals: They can be discharged to a home program. They can continue on a maintenance program of 1-2 visits a month if appropriate. They can also continue with aquatics or Pilates at their own expense.

If you are happy with the service you receive at Athens Therapeutic, tell others...if not, tell us.