

INFORMED CONSENT FOR PHYSICAL THERAPY

Welcome to **OrthoBalance Physical Therapy**. It is our pleasure to take part in your healthcare. Your doctor has prescribed a course of physical therapy to help you recover from a musculoskeletal injury or disorder. Since many people are unfamiliar with physical therapy, here are some commonly asked questions:

1. WHAT IS PHYSICAL THERAPY?

Physical therapy is a form of medical treatment that is designed to relieve pain, increase function of the joints and return you to your normal activities. It is based on the scientific principles of tissue management and exercise prescription. We use a combination of treatment devices (we call them modalities), manual orthopaedic techniques and therapeutic exercise in order to reduce inflammation and relieve or eliminate pain, improve joint mobility and to increase functional muscle strength. *Our goal is to help you return to work, return to leisure activity and generally regain your lifestyle. When you win, we win.*

2. WHAT KIND OF TREATMENT WILL I RECEIVE?

Your treatment will be determined by the physical therapist, based on information that is gathered during your first session with us. The physical therapist will ask you questions about your problem, review the medical chart and perform a detailed physical therapy evaluation. Based on this information, a course of treatment will be designed for you to help achieve the fastest, most complete recovery. It is important that you follow through with the treatment program. As with all forms of medical treatment, there are benefits and risks involved with physical therapy. Since the physical response to a specific treatment can vary widely from person to person, it is not always possible to accurately predict your response to a certain therapy modality or procedure.

3. HOW CAN I HELP YOU TO MAKE ME BETTER AND HELP THINGS GO SMOOTHLY?

First of all, please **KEEP** and be on time for your scheduled appointments. We try our best to run on time and we don't like to keep our patients waiting, but sometimes, as in all medical situations, we may be delayed by an unforeseen medical problem. We ask for your patience. Keeping your scheduled appointments is very important. It is just like the dosage of a medication; when not taken properly it will not be effective. Missed appointments stop progress. If you cannot keep a scheduled appointment, please call ahead to cancel so that we can use the canceled space for another patient.

Second, please follow recovery instructions and do your exercises as prescribed by the physical therapist. Therapeutic exercises are an integral part of most physical therapy treatment plans. Exercise has inherent physical risks associated with it. If you have any questions regarding the type of exercise you are performing and any specific risks associated with your exercises, your therapist will be glad to answer them. We make every effort to select the fewest and simplest exercises so that the programs are easy to accomplish - but they are of little value if you don't do them regularly. They help promote recovery and prevent recurrence of the problem.

I acknowledge that my treatment program has been explained by **OrthoBalance PT** and that all of my questions have been answered to my satisfaction. I understand the risks associated with a program of Physical Therapy as outlined to me, and I wish to proceed.

Patient Name

Patient Signature

____/____/____
Date