

## **WELCOME to OrthoBalance PT**

We are delighted that you have selected OrthoBalance PT for your physical therapy care. We believe that you have made a wise choice to help in your recovery and we are committed to providing you with quality healthcare. In a modern clinical facility which contains all the therapeutic tools procedural skills necessary to offer our patients superior clinical care, OrthoBalance PT is dedicated to the care of orthopaedic and neuromusculoskeletal injuries and conditions, in addition to disorders of dizziness, imbalance and vestibular impairment.

### **What should I expect on my first visit?**

Your first session consists of a comprehensive physical evaluation with Dr. Pensavalle, a NYS licensed physical therapist since 1980. After a thorough examination, a treatment plan according to your needs and personal goals will be designed and discussed with you. Throughout your recovery process, you will be treated directly and closely supervised by Dr. Pensavalle. Further sessions typically include a combination of exercise, manual orthopaedic techniques, massage, modalities, and a home exercise program.

### **Do I need a prescription?**

**If you have one, bring it with you.** Though most patients come to us directly from a physician's referral and with a written prescription for PT care, in New York, you do not need a doctor's prescription for physical therapy during the first 30 days of treatment, but some insurance carriers may require it. If you have further questions, call our office and ask about Direct Access.

**Please come to your appointment 15 minutes early** so that we may introduce you to our office staff and perform any necessary administrative tasks prior to the clinical portion of your session with Dr. Pensavalle.

**Dress comfortably;** if disrobing is necessary, we provide gowns and cover ups as needed.

It is very important that you **bring the following information** with you at your first PT session:

1. PT referral from your treating physician.
2. All insurance information and photo ID [Driver's License is acceptable].
3. Any and all diagnostic testing reports associated with your current disorder.
  1. X-rays
  2. MRI, CT scans
  3. Medical/Surgical reports
  4. Electrodiagnostics; EMG/NCV
  5. Vestibular testing; Audiogram, ENG, etc
4. A written listing [as needed] of your current problems; onset, symptoms, surgery dates, etc.
5. A written list of current medications and their dosages
6. Any pain/balance/dizziness survey/questionnaires you may have been given.

*We wish you luck and a speedy recovery.*

*Dr. Pensavalle and the staff at OrthoBalance PT*