

WHAT TO EXPECT

The Initial Evaluation with a Pro Motion Rehab Therapist

Pro Motion Rehab understands that not everyone has experienced physical therapy before, and we further understand that not all Physical Therapy is the same. Even if you have had treatment elsewhere before, your experience with Pro Motion Rehab will be a new experience. Many patient's positively say, "Why didn't they [other facilities] do this with me before?"

To better understand the initial evaluation, the beginning of your experience with us, we want you to know what to expect.

Generally speaking, the initial examination will take approximately **30-60** minutes however; as we do not rush our patients out the door it may run a little longer so please allow ample time for your visit. And this is what you get:

1. Pre-Exam Questionnaire

This is a form that gives the Physical Therapist important information about your pain or problem to help better determine the potential structures involved and to develop a sound and efficient exam. Please complete this thoroughly.



2. Subjective Exam

The Physical Therapist will dialogue with you even further to get straight to the source of your problem. Some of the topics covered may be:

- a. Past Medical History (PMH) and/or medications
- b. Description of the pain and problem
- c. Mechanism (cause) of the injury
- d. Aggravating factors (what effects it and makes it worse)
- e. Easing factors (what makes it better)

This is a good time to tell your Pro Motion Rehab Therapist anything you may think is important or relevant to your pain or problem.

3. Objective Testing (Hands-On)

Once the Physical Therapist has a good "picture" of your pain and the understanding of potential causes and sources, he or she will begin the process of "verifying" the exact structures involved. Some of the procedures may include:



- a. **Disrobing:** Typically the therapist will need to check for possible swelling, discoloration, or deformity so you may be asked to expose the affected area(s). We ask that you wear loose clothing which allows easy access to the affected area; however, we supply gowns or shorts for your convenience as well.
- b. **Active Movement:** To check for weakness, compensation, or disease, the therapist may ask you to perform movements such as bending, twisting, lifting, climbing etc.
- c. **Mobilization:** To check for any potential loss of integrity, the therapist may move certain joints, tendons, or ligaments while you are in a relaxed position.
- d. **Pressure:** To check for potential tears or dysfunction of tissues, the therapist may put forceful pressure on certain muscles, bones, or tendons.

The physical therapist is a highly trained medical professional and will not harm you in any way. **It is common, however, to experience an increase in pain or soreness after your examination and/or initial treatment for up to 48-72 hours.** This is necessary in order to properly assess the structures involved and to come to an exact conclusion. **Make sure to call us if the increased pain lasts MORE than 72 hours.**

4. Explanation (on the exact cause of pain)

All the testing won't be for nothing. Once completed, the Physical Therapist will have a good picture of exactly what's wrong and he or she will make sure you know and understand it also. This is a good time to ask any questions to get a clear picture.

5. Precautions

Now you are on the road to success. There are four stages to your rehabilitative program. We call it the C-A-I-R™ steps. They are:

- a. Controlling destructive forces
- b. Applying appropriate forces
- c. Imposing challenging forces
- d. Restoring "everyday" functional forces



The goal of most rehabilitation programs is to restore you to the prior functional level you were before pain or injury. Pro Motion Rehab attempts to bring you to a HIGHER LEVEL than you were before the pain began. To accomplish this task you can expect to be coming for therapy between 2 to 3 times per week for 4 to 8 weeks depending upon your doctor's orders and the therapist's evaluation. The Pro Motion Rehab Therapist should explain to you each step at the time of exam, however, let's go over the first one now.

"Controlling destructive forces". Your success starts with your ability to remove destructive forces from the affected structures by modifying your daily or work activities, or habitual movement patterns. The injured tissues need a good environment free of harm in order to maximally heal. This step is **so** important that your success literally **depends on** it. For example, let's say you have lower back pain and the Physical Therapist determines that the main cause of your problem is too much pressure on to your discs (shock absorbers in your spine), and the cause of that excessive pressure is from too much sitting. If you are not able to limit your sit time or take frequent breaks by getting out of that position regularly, the chances of you getting better is slim. After each therapy session you may "feel" better but since the destructive forces aren't able to be removed the pain will typically come right back.

In the above scenario, therapy acts sort of as a band aid—we put it on your injury, but you rub it right off again by imposing destructive forces. Experience tells us there is not much success in this. In the event you are not able to participate and complete the very first step of the program, the Physical Therapist may design only a home and self care program for you to follow until you are able, or your Therapist may determine that bracing and/or a TENS unit would be a good adjunct to helping you through this stage of your therapy. If so, he/she will advise you of your options.

6. Goals

If you are able to participate in the rehabilitative program there are certain goals we want to define and achieve. They are usually and simply YOUR wants and wishes. What do **you** hope to gain by being in physical therapy? To walk better? Be able to reach overhead better? Sleep without pain again? Etc.



7. Treatment Plan

The Therapist will design a treatment plan geared to help you reach **your** goals. There are a variety of treatments available to you at Pro Motion Rehab and the Therapist will choose the ones most appropriate for you. You may have been told by others that you "need" certain things but the Therapist truly understands your needs and has your goals in mind and will choose only those things he or she **knows** will bring you long-term success.



Here is a list of just some of our *special treatments* and services available:

- a. Biodex™ Isokinetic testing and strengthening
- b. Biodex™ Balance Testing and Re-Education (with a report sent to your Doctor if requested)
- c. Base-Line Testing for Athletes (Pre-Season)
- d. Concussion Testing, Management, and Treatment as ordered by your Physician
- e. Contract-Relax Stretching

- f. Joint mobilization
- g. Soft-tissue mobilization
- h. Myo-Skeletal Alignment™ and Myofascial Release
- i. Massage Therapy by a Licensed Massage Therapist
- j. Ultrasound
- k. Electrotherapeutic Point Stimulation (Needle-less Accutheapy)
- l. Biomechanical Correction
- m. Electromechanical Strengthening using special electrical stimulation units
- n. Cold Laser Therapy
- o. Iontophoresis using either dexamethazone or acetic acid
- p. Active Therapeutic Movement (ATM2™) for core strengthening and pain reduction
- q. Custom Bracing exclusively using DonJoy™ Braces
- r. Spider Taping™ using precut Kinesiotape for a particular body part or joint
- s. McConnell™ Taping for proper joint mobility and alignment
- t. T.E.N.S. Units billed to your insurance if ordered by your Physician

Ask your therapist for more information on any one of these treatments.

Typically, you will receive a short treatment on your initial visit to minimize any discomforts however the Physical Therapist may require more time to fully develop an individualized program to address the problem you are experiencing.

8. Report to Referring Physician

Although your time with the Physical Therapist may be concluded, the Physical Therapist is not done. Typically, your referring physician or insurance company **requests** a written report detailing the results of the examination and in order to be accurate and thorough it may take the Physical Therapist up to 30 minutes or more to complete the process of handling your initial visit.



You may request a copy of this report at any time, however, an administrative fee may be applied.

9. Subsequent visits for Therapy

You and the Pro Motion Rehab team will work together in achieving your goals! This means you may occasionally see different people during the course of your care however each person you see has been trained and has demonstrated the ability to follow the plan of care as outline by the Physical Therapist. The therapist in charge of your care during your visit will ensure your success by overseeing all your care and improvement.

***While it is our goal to reduce or eliminate your pain as quickly as possible this is NOT an indication that you have achieved your physical therapy goals.**

***Please note, we make every effort to assist you in making progress toward your goals it is up to you to keep all your scheduled appointments and arrive on time in order to effectively render the necessary treatments as outlined in your Plan Of Care. Remember, we cannot help you if we don't see you.**

We understand that sometimes characters and personalities don't always mesh and your pain, injury, and/or problem for which we are seeing you is of paramount concern to you and us. So, if at any time during your attendance at Pro Motion Rehab you feel uncomfortable, like you are not make ample progress within a reasonable duration, like you are not receiving the attention or care you deserve, or any other possible complaint, please do not hesitate to either discuss that with your therapist or call and speak with Randy Veroline (the owner) to resolve the issue amicably. At Pro Motion Rehab your satisfaction is our reward!!

Thank you for taking the time to read this brief outline and we hope that this helps you better understand what to expect with your upcoming exam and Physical or Massage Therapy with a Pro Motion Rehab Therapist. For any questions feel free to call us anytime at (828) 837-0400.

We look forward to seeing you soon!