# 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 know 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. 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, 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 Therapist important information about your pain, problem or limitation to help better determine the potential structures involved and to provide a sound and efficient exam. Please complete this and all provided paperwork thoroughly.

## 2.Subjective Exam

The Therapist will dialogue with you further to get straight to the source of your problem/limitation.

**Some of the topics covered may be:**

a. Past Medical History (PMH) and/or medications
b. Description of the pain, problem and limitation
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, problem or limitation.

## 3.Objective Testing (Hands-On)

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

a. **Disrobing**: Typically, the Therapist will 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.
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.
d. **Pressure**: To check for potential tears or dysfunction of tissues, the Therapist may put pressure on certain muscles, bones, or tendons.

The 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 treatment conclusion. Report pain/soreness at your next appointment. **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 Therapist will have a good picture of what's going on and he/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 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 come for therapy 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/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 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 time sitting 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 a home/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/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-Sketetal Alignment™ and Myofascial Release
i. Massage Therapy by a Licensed Massage Therapist
j. Ultrasound
k. Microcurrent Point Stimulation (Needle-less Acupuncture) MPS
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
r. KinesioTaping for a specific body part or joint, for proper joint mobility and alignment
s. 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 Therapist may require more time to fully develop an individualized program to address the problem/limitations you are experiencing.

## 8. Report to Referring Physician

Although your time with the Therapist may be concluded, the 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 Therapist up to 30 minutes or more to complete the process of handling your initial visit.

## 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 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 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/ limitation for which we are seeing you is of paramount concern to you, as it is to us. So, if at any time during your attendance at Pro Motion Rehab you feel uncomfortable, like you are not making ample progress within a reasonable time, like you are not receiving the attention/care you deserve, or any other possible complaint, please do not hesitate to discuss your concerns with your Therapist or call/ speak with Deanna Greco, President 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, Occupational 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!