

What to expect at physical therapy



AT YOUR INITIAL EVALUATION, A PHYSICAL THERAPIST WILL...

- Spend time with you discussing your medical history and learning about your current symptoms to understand how your life is affected.
- Record initial posture, soft tissue restrictions, joint motions, and/or strength measurements to assess how you move and help determine the source of your symptoms.
- Help you understand why your body is in pain and/or not functioning as it should.
- Formulate and discuss a specific treatment plan to address your complaint and help you reach your goals.

AT FOLLOW-UP APPOINTMENTS, YOU CAN EXPECT...

- An individual treatment session lasting approximately 60 minutes; sessions may extend past an hour to accommodate time for post-treatment modalities.
- Sessions to consist of a combination of manual therapy, posture/balance training, strengthening, stretching, and/or modalities to relieve pain and inflammation.
- To be assigned a personalized home exercise program to address specific issues found during the course of your treatment

OTHER GOOD INFO...

- We suggest wearing loose, comfortable clothing or bring them with you
- Please arrive early if you need to use the restroom or change before your appointment

Visit our website or call us to learn more: www.nesintherapy.com

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