



Patient Information Sheet: Physical/Occupational Therapy

Your specialist has determined that physical and/or occupational therapy will help in your recovery. As part of your rehabilitation team, our goal is to help you return to a pre-injury condition safely and promptly.

As therapists, we work side-by-side with each patient – following your specialist’s prescriptions and recommendations to provide a comprehensive treatment program. Our therapists are certified and trained in manual therapy as well as orthopedic clinical specialists. We have found our hands-on approach to benefit many patients and look forward to making a difference in your health.

Appointments

- Regular attendance and your personal commitment to our treatment recommendations are very important to your recovery. We typically schedule therapy appointments three times per week. Please call with as much advanced notice as possible should you need to cancel any scheduled appointment. Another patient may desire your treatment time.
- If you are working with restrictions or modified duty, your employer may require that you attend therapy during non-working hours. We will work with you to coordinate the best treatment and appointment times to accommodate your employer’s policy.

Clothing

- Please wear loose, comfortable clothing during your evaluation and treatment sessions in order to allow you to exercise and the therapist to evaluate the injured body part. T-shirts, gym shorts, jogging pants or other loose-fitting work-out attire with athletic shoes are recommended.

Home Exercise Programs

- You may be expected to perform exercises at home as outlined during your treatment sessions. These exercises are crucial to the success of your rehabilitation.

If you have any further questions, please ask the Physical Therapy Director at your AMS facility. Thank you. We look forward to making a difference in your health.