

What do I bring to my first appointment?

Please arrive ten minutes before your first appointment time with the following items:

1. Your completed new patient paperwork. This paperwork includes information about your injury, current function and pain scale. When possible, you are asked to send your completed new patient paperwork before your first appointment via fax to 916.457.7609. Doing so will allow the business office staff to obtain any authorizations in advance of your visit and will streamline your first appointment. You will find the patient forms available for download under the FORMS tab.
2. Your physical therapy referral/prescription (provided to you by your doctor) .
3. Your payment information:
 - If your insurance is covering the cost of physical therapy, bring your insurance card.
 - If you are covered by Workers' Compensation, bring your claim number and your case manager's contact information.
 - If you are covered by auto insurance or an attorney lien, make sure you bring this information.