

## Healing Playful Kindness Curiosity

### Welcome to Helga Lang Physical Therapy

We are excited to get you started in the process of rehabilitation!  
We would like to make your first visit smooth and comfortable.

#### **What to Expect:**

We are a studio-style clinic offering you direct service with a supportive physical therapist. Our direct style gives our patients one-on-one service with the provider at every visit.

Your first visit will be approximately 60 minutes long. Wear comfortable, loose clothes so you can move, exercise, and perform stretches without clothing restrictions. During this visit, we will complete a full assessment, explanation of the injury or condition and most likely begin treatment that day.

Follow up visits are about 50 min long. Allow another 10 minutes for dressing, scheduling, questions and paperwork.

We do accept most insurances. It is the patient's responsibility to be aware of their coverage. To avoid surprises, I recommend that you call your insurance company to confirm where your benefits stand.

If you need to change your appointment, please call or email at least 24hrs in advance.

Here are a few things to have ***in hand*** when you walk in the door:

- Completed registration and consent form. These can be downloaded from [www.helgalangpt.com](http://www.helgalangpt.com)
- Doctor's referral slip-sometimes required. You can see a PT for 60 days without referral depending on insurance rules. Self pay gives the freedom of visits without a referral.
- Insurance card-if needed.
- Check or cash accepted for co-pays, deductibles, or session fees.
- **We do accept credit cards.**

We do our very best to call and check your benefits before you get started at our clinic. Remember, the insurance quote is just an estimate. It's a very good idea to understand your own health insurance plan. Call us if you have concerns. We do our best to get you into therapy regardless of 'networks' and insurance limitations.