

Get Started

What is involved in the Therapy process?

Your therapist will use a very comprehensive approach in determining exactly what you will need to obtain the maximum benefit from your rehab. First, your therapist will do a thorough evaluation and then develop a customized plan of care that addresses all of these specific findings. Sometimes a home exercise program is developed and given to you to perform between sessions.

How do I make an appointment?

Simply call or stop by one of our locations and we will schedule an evaluation for you.

Do I need a prescription from my doctor before receiving services?

In most cases your insurance provider requires a referral from a physician to cover your expenses. Call the number on the back of your insurance card to help you determine your insurance benefits. However, you can seek our services without a prescription from a physician. You will be responsible for any charges your insurance does not cover.

I want to go to Sheridan Physical Therapy but my doctor referred me elsewhere, can I choose my own therapy clinic?

Yes! You can choose your therapy provider even if you have a prescription for a different physical therapist. Bring your prescription with you to your first appointment and we will take care of the rest!

What do I bring?

- Current health insurance card
- Prescription for therapy
- Be prepared to pay any co-pays at the time of service. We accept Visa, Mastercard, personal checks, and cash.
- Expedite your initial visit by downloading and filling out our Patient Registration Form ahead of time. Please bring a copy to your first visit.

What is your cancellation policy?

If you cannot keep your appointment, please call us as soon as possible. We realize that sometimes emergencies come up and your plans may change. When you call, we will help you reschedule your appointment. Giving us as much notice as possible helps us better serve you and our other patients.

What should I wear?

Wear comfortable, loose clothing and tennis shoes. We have a locker room available for your convenience. Please be conscious of wearing loose clothing around the area specific to your injury. Example: neck or shoulder injury, wear a tank top. Knee or hip injury, wear shorts, etc.

How long is each session?

Your first visit includes the comprehensive evaluation and takes 45-60 minutes. Sessions thereafter are determined by your condition, approximately 45-60 minutes. Your physical therapist will develop an individually customized Plan of Care, so each program will vary in time, dependent upon your particular requirements.

How often will I need to come to therapy?

Your Plan of Care will be constructed based on the recommendation of your doctor and your physical therapist. The average schedule is 1-3 times per week. Your schedule will depend upon the degree of injury/dysfunction and your available time. Bring your calendar to your first appointment so you can schedule your appointments as far in advance as possible, this will make it easier to choose times that are the most convenient for you.

How does my doctor know how my treatment is progressing?

Your therapist is in regular communication with your physician, especially if there are any complications. Each week your physician will also receive your most recent visit progress note.