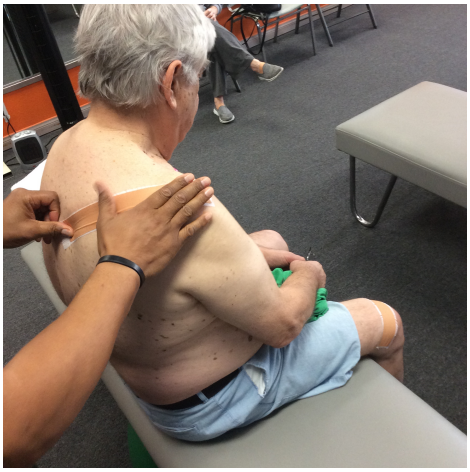
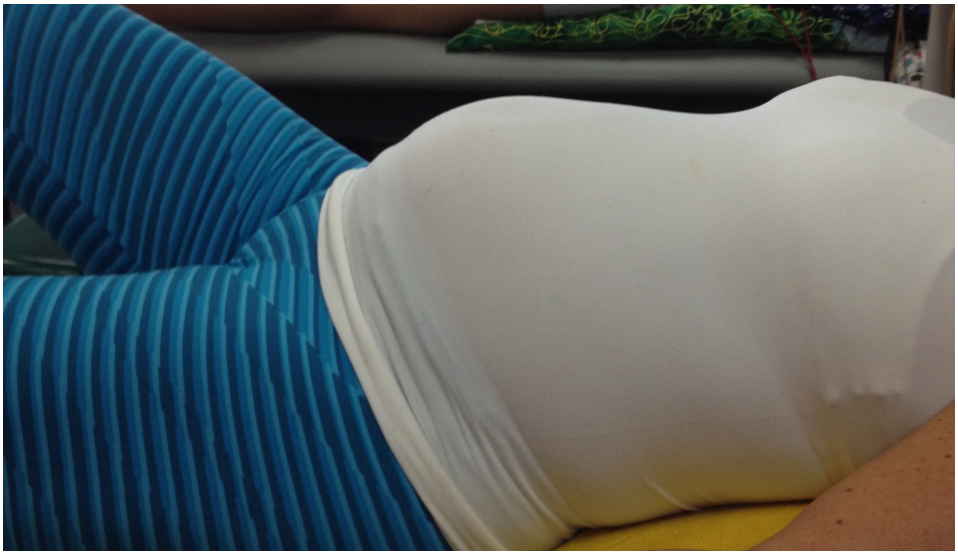








What you need to know about Physical Therapy

TOP 20 Questions Answered

FREE DOWNLOAD!



Orange County Rehab

Physical Therapy & Sports Medicine

6326 E. Santa Ana Canyon Road

Anaheim Hills, CA 92808

(714) 998-8945

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What you need to know about Physical Therapy

TOP 20 Questions Answered

1) How long will it take?
Only a physical therapist can give you an estimate of how long it will take to get you better after a thorough, comprehensive evaluation or referral by your physician.

2) Do I need to wear special clothing?
It is important that you are comfortable. Your session may include stretches and moderate exercise, so dress as if you're going to the gym. Suggested clothing: tank-tops or loose T-Shirt to be able to expose shoulder, knee-shorts or loose pants that can be pulled up over the knee, and appropriate footwear (athletic please) for-lower extremity injuries.

3) What should I bring to my first appointment?
When coming to your first appointment, please remember to bring your ID, insurance cards or other information and a prescription from your doctor if needed. Please show up at least 15 minutes before your scheduled appointment time. Additionally, if you have any recent reports from your doctor involving details from a surgery, MRI or X-Ray results, you may bring those although it is not necessary. If you are currently using a splint, sling, crutches, or any other aid, bring those to your appointment as well.

4) Will I regain full function after surgery with the help from Physical Therapy?
Because results vary from person to person and each condition is different, we cannot guarantee 100% recovery of motion. However, physical therapy has been proven to help patients regain sufficient mobility after surgery.

5) What do you expect from me?
There is only so much a physical therapist can do on his or her own in a clinic. Find out what is required of you in order to get the most benefit from you. You and your physical therapist are in this together. Neither of you can optimize injury recovery alone.

6) Can Orange County Rehab help children? YES! We've seen ALL ages.

7) Is Orange County Rehab "hands-on" therapy? YES!

8) Can therapy help with osteoporosis? YES!

9) What happens if my problem or pain returns?
Consult your therapist by returning to therapy for an assessment of whether it was something that occurred on its own, or perhaps something you inadvertently caused.

10) Does Physical therapy hurt?
During therapy, your therapist will stretch your muscles and may have you do exercises that can cause a little discomfort. But, in most cases, expect the discomfort to subside.

11) How long does it take for Physical therapy to work?
This varies according to what your therapy is for, and the degree of injury.

12) Will I see the same physical therapist each time? YES!

13) Do you accept my insurance?
Orange County Rehab accepts most insurance plans, including PPO's, POS, MEDICARE and Worker's Comp. HMO's, however, are **NOT** accepted. For those wanting to opt out of using their health insurance, Orange County Rehab offers a Friends & Family (a la carte) **cash discount program** where **YOU** decide what treatment YOU would like (and for how long).

14) Common Problems Treated by Physical Therapy:
Neck pain, low back pain, arthritis in one or multiple joints, fractures or other orthopedic conditions, bowel or bladder incontinence, problems with balance or mobility, chronic fatigue and weakness, pre/post-surgical conditioning and strengthening, cancer recovery, fitness and wellness education, respiratory problems, knee, ankle and foot problems, shoulder, arm, hand and wrist problems such as carpel tunnel syndrome and tendonitis, pre/postnatal programs, neuro-rehab (stroke, spinal cord, head injury), wound care, common sprains and muscle strains, work-related injuries such as repetitive motion injuries, slip and falls, and sports-related injuries.

15) How many visits will I need?
Each patient's therapy is different and the number of visits depend on what's needed for your recovery. If insurance policies (or your personal finances) cause certain limitations, we tailor your treatments to adhere to those guidelines as well.

16) What does a Physical Therapist do?
Physical Therapists focus on relieving pain, promoting healing, restoring function and movement, and the facilitation and adaptation associated with injury. Therapists also address management, healing and prevention of injuries or disabilities, fitness and wellness. They use this non-invasive and conservative tool to help improve body function.

17) What are those different types of tape I see on the bodies of athletes?
There are different types of tape used to aide in healing in physical therapy. What you're seeing are McConnell (Leukotape), Kinesotape, and athletic tape.

18) How do I know if I even need Physical Therapy?
If you have an injury or illness that results in physical impairment or loss of function, a physical therapist can help. Therapists treat people across their entire lifespan. Regardless of age, if you have impaired mobility, a physical therapy evaluation may be warranted to offer treatment and a strategy to improve function. At Orange County Rehab, we will help rid you of pain and discomfort. You can feel good, stay on the job, and in most cases, afterward continue to enjoy the benefits of the better habits and exercise you learned at Orange County Rehab.

19) What are some of the treatment used in physical therapy?
McConnell Taping (Leukotape)/ Spinal Mobilization / Orthopedics in Pregnancy / Postural Correction for Scoliosis / Trunk Stabilization / Work Conditioning / Gait Training / Body Mechanics / Iontophoresis / Parafin Bath / PNF (Strengthening)

20) What makes YOUR facility different from most?
Many patients are frustrated when they leave a medical provider's office not having received answers they understand. We like to help educate you about various medical issues. At **Orange County Rehab**, we specialize in patient education. Without proper education, patients cannot feel knowledgeable about their care, or confident in the help they are receiving. We do NOT, however, replace consulting your doctor.

Many of our patients are doubtful before their first treatment, but become believers when they discover that pain and discomfort can be reduced and even eliminated! Treatments are tailored to YOUR particular needs and we help you treat yourself! Our primary staff is headed by Lloyd Cotton, a widely-recognized and **experienced** Physical Therapist in private practice since 1990. Lloyd is highly trained in sports medicine and has advanced medical degrees from Boise State University and the University of Washington's School of Medicine.

The bottom line at Orange County Rehab is that we get YOU **BETTER**, period!

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