



Preparing for Your Visit at Morris County Hospital Rehab Center with a Physical or Occupational Therapist

Physical therapists are **movement experts**. Occupational therapists help people **live life to the fullest**. They are highly educated, licensed health care professionals who examine, evaluate, and treat patients whose conditions limit their ability to move and function in daily life. Your therapist's overall goal is to restore or improve your mobility and help reduce your pain.

Before Your Visit:

- 1. Make a list of any questions** that you have, to make the best use of your time with your physical or occupational therapist.
- 2. Be prepared to answer questions regarding your symptoms, including the following:** If you have more than one symptom, begin with the one that is the most bothersome to you.
 - What are your symptoms & how long have you been having them?
 - Better or worse with certain activities or movements or with certain positions, such as sitting or standing?
 - More noticeable at certain times of day?
 - Relieved or made worse by resting?
- 3. Be as accurate as possible when filling out the intake forms regarding your medical history,** even if it seems unrelated to the condition for which you are seeing the physical or occupational therapist. For example:
 - **Make a list of all prescription and over-the-counter medications,** vitamins, and supplements that you are taking.
 - **Make a note of any important personal information,** including **any recent stressful events, injuries, incidents, or environmental factors** that you believe might have contributed to your condition.
 - **If needed, consider taking a family member or trusted friend along** to help you remember details from your own health history and to take notes about what is discussed during your visit.
 - **Make sure you can see and hear as well as possible.** If you wear glasses, take them with you. If you use a hearing aid, make certain that it is working well, and wear it. Tell your physical or occupational therapist and clinic staff if you have a hard time seeing or hearing.
 - If available, **bring any lab, diagnostic, or medical reports from other health care professionals** that may be related to your medical history or who have treated you for your current condition.

4. Be sure to bring your prescription for physical or occupational therapy from your doctor if you have it. Please also bring an updated insurance card and photo ID for checking into admissions prior to your first appointment.

5. Wear or bring comfortable clothing when you come for your first visit. You may want to avoid tight or formal clothes, in case the therapist wants you to engage in activities during the first session.

6. Financial Considerations

- Carefully review Morris County Hospital's financial policy prior to starting care. If you have questions, please call the MCH billing office directly at (620)767-6811 ext.120.
- If the frequency of visits needs to be adjusted for financial reasons, discuss this directly with your physical or occupational therapist. In partnership with your therapist, you can explore alternatives and develop a workable plan.
- If you change insurance plans or lose insurance coverage for any reason, be sure to inform your therapist as well as Morris County Hospital's admissions office.

What to Expect During Your First Visit:

Your physical or occupational therapist will begin by **asking you lots of questions** about your health and about the specific condition for which you are seeing them. Your therapist might also **ask you specific questions about your home or work environment**, your health habits and activity level, and your leisure and recreational interests so that the therapist can help you become as active and independent as possible.

Your physical or occupational therapist will **perform a detailed examination**. Depending on your symptoms and condition, the therapist might evaluate your strength, range of movement in the joint, flexibility, balance, coordination, posture, gait (walking), transfers, blood pressure, and heart and respiration rates.

Your physical or occupational therapist will **work with you to determine your goals** and will begin to develop a plan for your treatment. In many cases, the therapist will make a diagnosis and begin treatment almost immediately. Your physical or occupational therapist will constantly assess your response to each treatment and will make adjustments as needed.

In most cases, **an important aspect of your physical or occupational therapy treatment will be education**. Your therapist might teach you special exercises to do at home. You might learn new and different ways to perform your activities at work and home. These new techniques can help minimize pain, lessen strain, avoid re-injury, and speed your recovery.

Your physical or occupational therapist will **communicate the important information** from your examination to your physician and to other health care professionals at your request.

Keeping Your Appointments:

- **Please arrive at your initial appointment 15-20 minutes early** in order to have sufficient time to check in at the admissions office, fill out medical history forms, and answer questionnaires regarding your current functional limitations. This will help to ensure that your appointment will start on time as scheduled.
- **Arrive for follow-up treatment sessions at the scheduled time** or a few minutes early so you are prepared. Late arrival may affect not only your 1-on-1 time with the therapist, but that of other patients in the clinic.
- **Show up for appointments.** Failure to show for an appointment and not calling to cancel or reschedule the visit may result in a fee and is disruptive to the physical or occupational therapist's schedule. If an emergency prevents you from attending, try to provide adequate notice. It is important to review Morris County Hospital Rehab Center's financial and cancellation policy.
- **If you plan to discontinue therapy** or change the frequency of treatment because of personal or financial considerations, discuss this with your physical or occupational therapist.

You will get out of therapy what you put into it. Sufficient effort, as agreed between you and the physical or occupational therapist, is necessary to maximize benefit from each treatment session. Lack of compliance with recommendations and/or precautions may result in delayed recovery.

We look forward to working with you to help improve your mobility, motion, and function!

