



How to make an appointment – What to expect...

How do I make an appointment to come to physical therapy?

You will need to call or visit your Doctor. If physical therapy is recommended your Doctor will write you a referral for physical therapy. As a patient you have the right to choose your physical therapy provider. Call us at 231-941-1800 to make your first appointment. We are normally able to see you within 48 hours.

How long will I be here?

Your first appointment will last about an hour. Depending on your Doctors orders you will be coming to the clinic two to three times a week after that. Each appointment will last about 30 minutes. As you progress in therapy the length of time for each visit may change.

What should I wear?

Wear clothing that is comfortable and does not restrict movement. A sweat suit or shorts and a T-shirt work very well. It is a good idea to wear a comfortable pair of shoes or athletic shoes.

Where do I park?

There are reserved spots in the Fitness Center parking lot for physical therapy patients. If those are occupied, parking is available on the street or next-door in the center portion of the lot. You will receive a parking pass to hang on your car mirror. This pass is only valid during your scheduled physical therapy appointments. Please do not use your parking pass after your therapy has been completed.

Will my insurance cover physical therapy?

We participate with Medicare, Blue Cross, Priority Health, Blue Care Network, and most other insurers. The best way to be sure of your coverage and to find out about your deductible and co-pay responsibility is to call your insurance company or representative. If you have coverage other than Medicare or Blue Cross you should also check on any pre-certification requirements. Please feel free to ask our front office staff any questions you may have about billing procedures.

Payment plans? If you have a large deductible or no insurance your therapist will do everything they can to minimize your out of pocket costs. Please talk to our billing department to set up a payment plan.

Should I continue my usual routine of exercise and activities while in physical therapy?

NO. Please talk with your therapist about the different activities you do or are planning to do and together you can figure out the do's and don'ts.