For Patients

What To Expect On Your First Visit

Your first visit to any PhyTEx or Physical Therapy Extra clinic will commence with a full assessment of your injuries, status or condition and the development of a customized plan of treatment.

Unless you need pre-certification as part of your insurance program, you can expect that your first treatment or training session will commence at that visit.

Be sure to wear comfortable, loose-fitting clothing. If you normally use a hearing aid or wear corrective lenses, be sure to have them in place to ensure you and your therapist or training can easily communicate.

Bring with you any reports from your doctor that you may have been given and a list of medications that you are currently taking. Bring any essential insurance cards or information as well.