



Upper Valley  
Medical Center  
Premier Health Partners

# UVMC Center for Sports Medicine

*Your Home Town Sports Medicine Team*

450 N. Hyatt St., Suite 102 • Tipp City, Ohio, 45371 • (937) 667-2614 • UVMC.com

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## **Your Physician has Prescribed Physical Therapy, Now What?**

**By: Joyce Kastl, MA, AT, PTA**

You have a stiff, achy joint or back pain. You sustained an injury due to a fall, motor vehicle accident, work, or even sports participation. You have tried everything: rest, home remedies, over the counter medication. Nothing has helped. You see your physician for treatment and recommendations. Your physician prescribes physical therapy. Now what?

You are wondering, what is physical therapy? What is going to happen? How will it help? Will my insurance cover it?

Physical therapy uses a variety of modalities and treatments to aid in pain relief, muscle relaxation, edema control, and tissue healing. Equipment will be used for strengthening. Hands on therapy may be used to help increase joint motion, muscle stretching, or small joint repositioning for areas such as the low back or neck. Braces may be issued to assist during recovery or allow for sooner return to participation.

Loose fitting clothes and shoes appropriate for exercise should also be worn. Clothing such as sleeveless shirts or shorts will allow access to areas being treated.

To avoid any financial surprises, patients are advised to check into their outpatient physical therapy insurance benefits prior to coming for the initial appointment. Information to find out include: what percent is covered by insurance; is there a co-payment; how much is the deductible; how much is the out-of-pocket maximum – both for an individual and family; is there a limited number of therapy visits; and is a precertification necessary?

The first appointment is geared toward information gathering by the physical therapist so that a plan of care can be established and agreed upon by the patient. This generally takes an hour. Most often treatment is initiated. Follow-up appointments may take 30-45 minutes. 8-12 visits may be planned to monitor progress or to determine if a return to the physician for more testing may be necessary.

The more information a patient has prior to the first physical therapy appointment, the more the patient can concentrate on physical therapy and their road to recovery. If any additional questions come up prior to the first appointment, or at any time during physical therapy, patients should be sure to ask. Educating patients on how to manage their injury or condition is one of the primary goals of physical therapy.



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### **UVMC Center for Sports Medicine Team**

Front Row: Joyce Kastl, Tiffany Rhoades, Aaron Schlotterbeck,  
Zachariah Rahe, Ryan Ingley, Jenny Jones

Back Row: Corinne Lyons, Cindy Asher, Kayleigh Hitchcock, Stacie  
Lyman, Brooke Gariety, Greg Schultz, Annette Bair, Brian Jans,  
Stephanie Burdette, Angie Strong, Mindy Penn, Brian Downs

Not Pictured: Dr. Mark Zunkiewicz, Dr. Jeff Rayborn,  
Brian Edwards, Courtney Gagnon, Amanda Ingold, Ameer Rose

For more information about our Sports Medicine Team:  
<http://www.uvmc.com/uvmcdefault.aspx?id=33120>

## **TEAM OF THE MONTH**

The UVMC Center for Sports Medicine would like to recognize outstanding girls' and boys' varsity athletic teams from our affiliated schools by asking our area coaches, athletic directors, athletic trainers and school administrators to nominate a deserving team to receive this award.

One team from a UVMC affiliated school will be selected each month based on our nomination criteria.

For more information contact the  
UVMC Center for Sports Medicine at:  
(937) 440-7152 or (937) 667-2614

### **What Can Your Athletic Trainer Do for You?**

- **Keep you safe:** Athletic trainers are responsible for your safety and well being. We are trained in emergency management, first aid, injury assessment and treatment, rehabilitation, and determining if a referral is needed to seek additional medical attention.
- **Save you money:** As a licensed health care professional, your athletic trainer can sometimes help you save the cost of a doctor's visit by first evaluating your injury to determine whether or not a trip to the doctor is necessary.
- **Get you back on the field more quickly:** Athletic trainers are committed to getting you back on the field as quickly and safely as possible. We can provide treatment and rehabilitation such as taping, stretching, exercises, ice, heat, and possibly ultrasound or electrical stimulation. We communicate and work with physicians, physical therapists, and other medical professionals to enhance the continuum of care. We use return to play readiness assessments to help decrease the possibility of re-injury.
- **Allow coaches to focus on the game:** Athletic trainers allow coaches to focus on coaching issues by assuming the responsibility of monitoring and treating injured athletes and communicating with the physicians, coaches, parents, and athletes regarding the participation status and readiness to return to play.
- **Prevent further injury:** One of the things athletic trainers specialize in is injury prevention. We think it's much better to prevent an injury from ever happening. (This, too, saves money!)

*The more your athletic trainer knows and is involved in the care of an injured athlete, the more thorough and expedited care can be delivered, resulting in a safe and quicker return to play!*

*If you have questions about the person providing health care for you, for your student or for a colleague, speak up! Be sure you're getting the right health care for the right condition.*