



Marquette Rehabilitation & Sports Medicine Center

Physical Therapy FAQs

At Marquette Rehabilitation & Sports Medicine Center we take pride in making your experience a positive and efficient one from start to finish. We know that you have lots of questions regarding your Physical Therapy (PT), and we want to make sure that your questions are answered prior to your first visit. The following list should answer most of the basics, but please contact us with any additional questions or assistance you may need.

- 1. How do I get started?** Log onto www.mqtrehab.com and click on “Contact” or call (906) 226-0574 to make an appointment. We’ll make sure you have all the information needed to be prepared for your first visit.
- 2. What should I expect on my first visit?** Your first session consists of an evaluation with a physical therapist. After a thorough examination, the physical therapist will design a treatment plan according to your needs and personal goals. Throughout your recovery process, you will be closely supervised by the physical therapist. Further sessions typically include a combination of exercise, manual therapy, modalities and a home exercise program.
- 3. Will my insurance cover my PT?** PT is typically covered by most insurance companies. Either by calling or coming into the facility, we will do an insurance intake. Usually within 24 hours our insurance specialist will contact you with all of the details of your coverage. This will include the number of visits, as well as what your co-pay amount and/or deductible will be. Payment for services is due on each visit for charges incurred up through your last visit. We accept cash, checks, MasterCard, or Visa.
- 4. How often will I need to do PT?** 2-3 times a week is usually recommended by most physicians. At the conclusion of treatment we will make sure you have the tools and knowledge to maintain the progress you’ve made in PT.
- 5. Do I need a prescription?** Yes. In order to be treated, you will need a script for PT. However, we offer a free injury consultation to assess if PT is right for you, which does not require a script. If it is determined PT is right for you then we’ll assist in obtaining a script from your physician.
- 6. What do I wear?** You should wear athletic shoes and comfortable workout clothes that are loose-fitting. The physical therapist will need to examine the injured area.
- 7. What types of treatment do you perform?** We combine traditional physical therapy as well as manual therapy techniques and mobilization/manipulation. Based on your injury, we will customize a specific treatment plan. Your treatment may include electrical stimulation, ultrasound, joint mobilization, heat or ice therapy, stretching, and manual/therapeutic exercises.
- 8. How long is each session?** Each visit is approximately one hour.
- 9. What are your hours of operation?** Our facility is open Mon/Wed/Fri from 7:00AM-5:00PM, Tue/Thurs 8:00AM-6:00PM, or by appointment. Walk-ins welcome.
- 10. Why choose Marquette Rehabilitation & Sports Medicine Center?** We are passionate about providing you with the best possible care. We emphasize the prevention, identification, assessment, and correction of pain and disability associated with a variety of health issues; including orthopedic, sports, auto and occupational injuries. When you need effective, one-on-one therapy, make Marquette Rehabilitation & Sports Medicine Center your first choice.

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