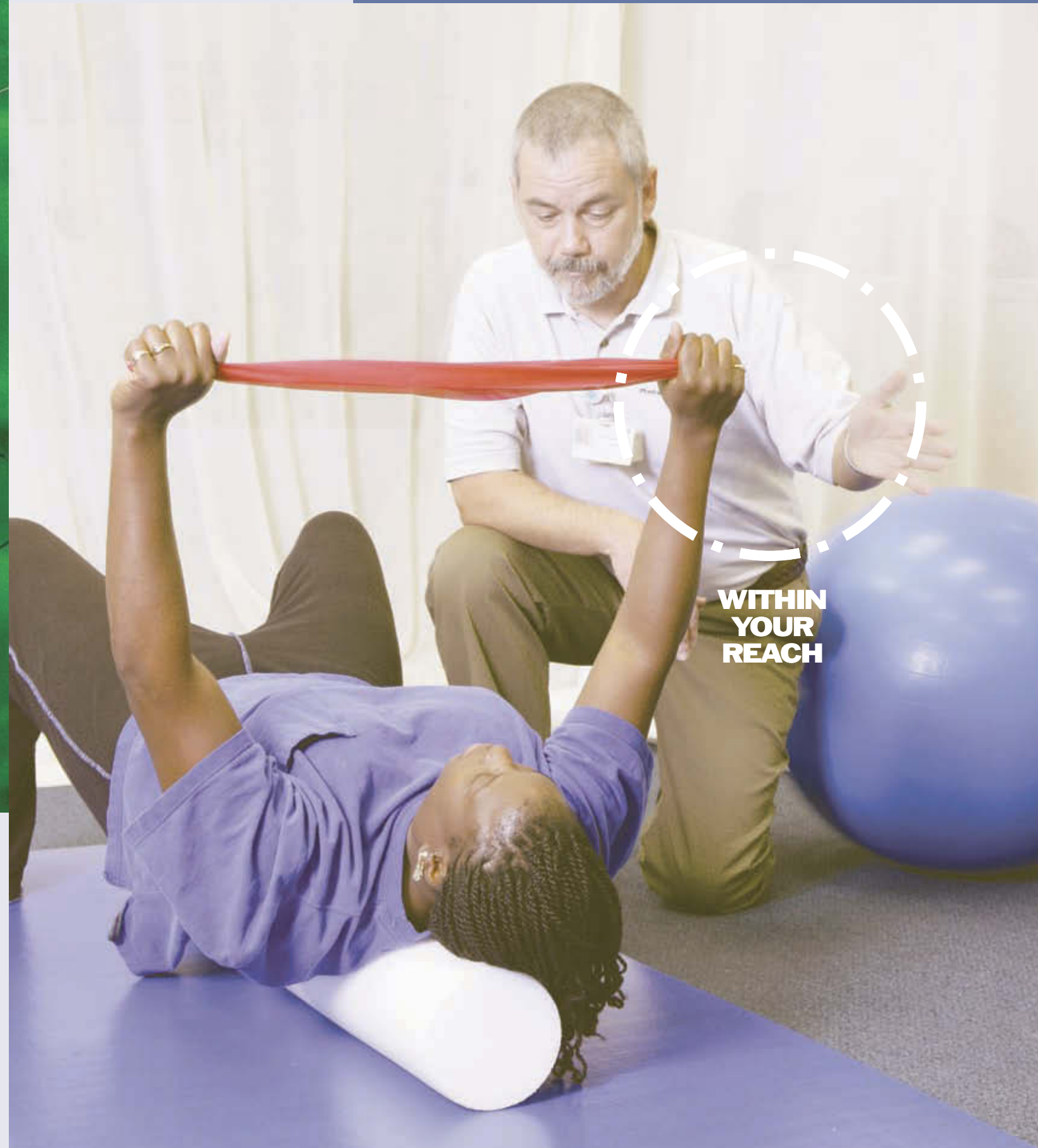
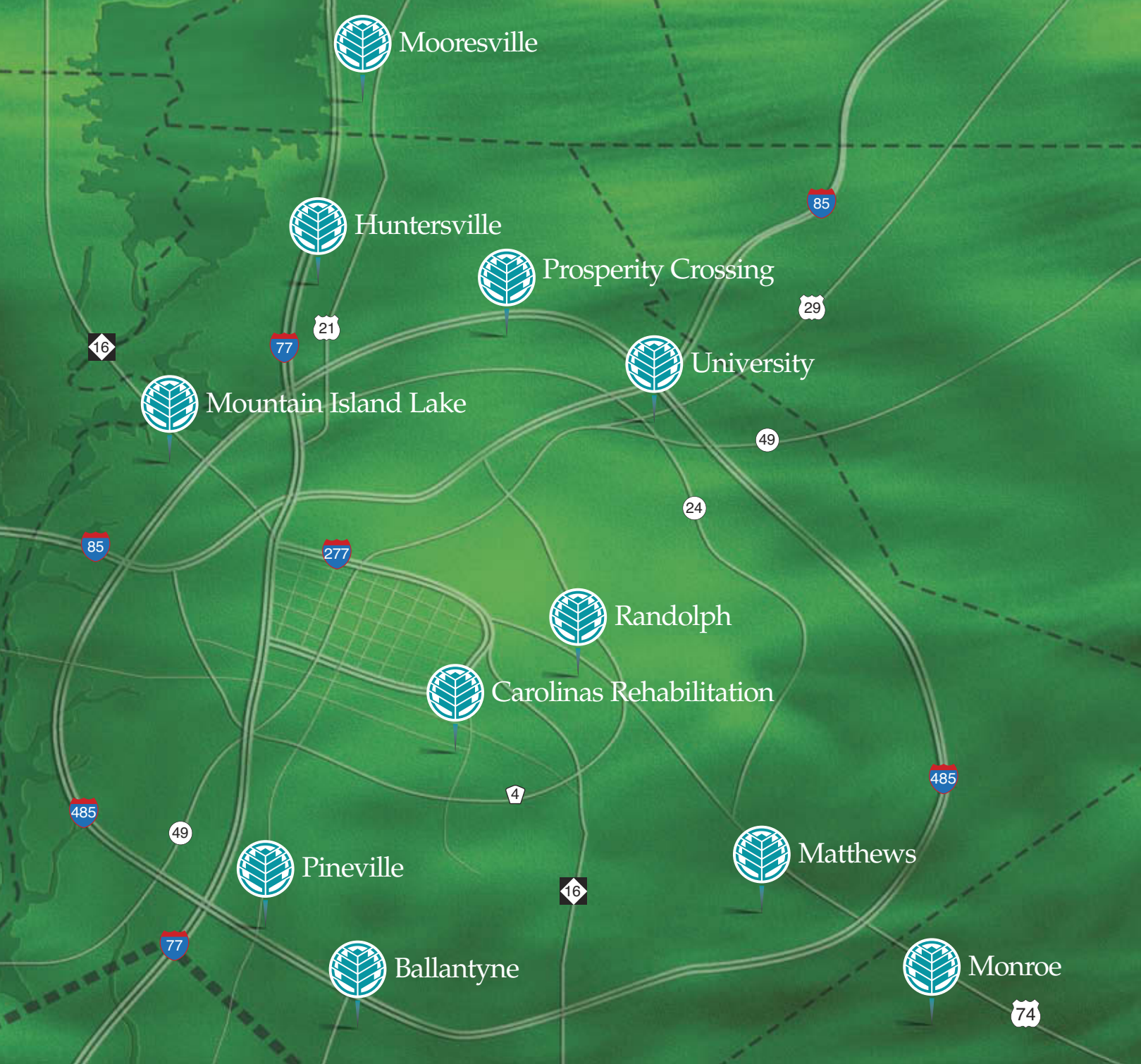




Carolinus Rehabilitation

# Physical Therapy



**WITHIN  
YOUR  
REACH**

**Carolinus Rehabilitation**

1100 Blythe Blvd.  
Charlotte, NC 28203

**Ballantyne**

7825 Ballantyne Commons Pkwy.  
Suite 210  
Charlotte, NC 28277

**Huntersville**

16455 Statesville Rd.  
Suite 300  
Huntersville, NC 28078

**Matthews**

1401 Matthews Township Pkwy.  
Abdel Plaza, Suite 225  
Matthews, NC 28105

**Monroe**

1106 Reynolds St.  
Suite 200  
Monroe, NC 28112

**Mooresville**

156 Byers Creek Rd.  
Mooresville, NC 28117

**Mountain Island Lake**

9908 Couloak Dr.  
Suite 1400  
Charlotte, NC 28216

**Pineville**

10620 Park Rd.  
Suite 200  
Charlotte, NC 28210

**Prosperity Crossing**

5435 Prosperity Church Rd.  
Suite 1400  
Charlotte, NC 28269

**Randolph**

3030 Randolph Rd.  
Suite 105  
Charlotte, NC 28211

**University**

101 W.T. Harris Blvd.  
Suite 5304  
Charlotte, NC 28562



**Carolinus Rehabilitation**

704-355-3558

1-877-REHAB51 (1-877-734-2251)

[www.carolinusrehabilitation.org](http://www.carolinusrehabilitation.org)



# Carolinas Rehabilitation Physical Therapy

*Physical therapy is part of Carolinas Rehabilitation, a nationally recognized healthcare network that provides comprehensive rehabilitative inpatient and outpatient services throughout the region.*

## Treatment Within Reach

Physical therapy services are available for adults, adolescents and children who have orthopaedic, sports or occupational-related

injuries or disabilities. Dedicated to providing the highest standard in orthopaedic and other rehabilitative services, Carolinas Rehabilitation's physical therapy services exemplify an atmosphere of compassion, professionalism and integrity.

## Expertise Within Reach

With several convenient locations throughout the region, physical therapy is always within reach. Patients who experience painful conditions in the neck, back, shoulder, elbow, wrist, hand, hip, knee, foot and ankle are candidates for physical therapy.

In addition, physical therapy can help patients who have headaches, dizziness, problems with balance, pelvic disorders and jaw and facial pain such as temporomandibular joint (TMJ).

Physicians also prescribe physical therapy for patients requiring rehabilitation from a stroke, brain or spinal cord injury.

Highly trained and skilled, the physical therapists at Carolinas Rehabilitation are healthcare professionals who understand the broad spectrum of problems that affect movement, function and health in different parts of the body. They evaluate a patient's needs and develop a treatment plan to address the patient's specific problem for maximum recovery. Many of Carolinas Rehabilitation's physical therapists have a master's degree or have received a clinical doctorate in physical therapy, and every therapist is required to have a professional license.

## Personal Care Within Reach

Patients will receive personal care and attention from a physical therapist. Physical therapy consists of manual techniques used in conjunction with exercises in order to help relieve pain and restore function. A patient's exercise program is carefully monitored and paced by a therapist.

In addition, therapeutic ultrasound, electrical muscle stimulation, heat and cryotherapy may also be used to help the healing process and aid in alleviating pain. Since we provoke symptoms with therapeutic rehabilitation, a patient may experience increased soreness after the initial visit; however, this initial pain should subside. In most cases, a patient is encouraged to continue with everyday activities.

## Frequently Asked Questions

### *How long is a typical appointment?*

The first appointment is usually the longest because the physical therapist will conduct a thorough evaluation to determine the extent of the patient's problem. This appointment may last up to an hour. Most additional treatment sessions will last 30 to 45 minutes. This time sequence may vary depending on the complexity of the diagnosis and treatment.

### *How long will physical therapy last?*

Each individual's case and circumstance is different; therefore, the length of time in therapy treatment depends upon what the individual needs to gain independence. On the first visit, the therapist discusses which treatments his or her patient needs and how long they should expect to be in therapy. Generally, patients are seen two to three times per week during a three to 12-week period.

### *Is physical therapy covered by insurance?*

Carolinas Rehabilitation accepts most major insurance plans. As with a visit to a physician, many insurance plans require a co-pay for each visit to a physical therapy session. This co-pay varies according to the insurance plan. Before the first visit, a Carolinas Rehabilitation account representative verifies the patient's benefits before treatment.



### *How should you prepare for the first appointment?*

Because there is paperwork to be filled out at the first visit, a patient should arrive 15 minutes earlier than the scheduled appointment time. A patient should bring a copy of his or her insurance card, a physical therapy order from a doctor or confirm that a doctor's office has faxed this order to us. Loose fitting clothing is recommended. Our clinic will also have gowns and shorts with a place to change clothes.

Physical therapy is *within your reach* with multiple locations throughout the region. For more information about physical therapy, call Carolinas Rehabilitation at 704-355-3558 or 1-877-REHAB51 (1-877-734-2251).

