



FIRST REHAB AND SPORT
PHYSICAL THERAPY

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Welcome to First Rehab & Sport, and thank you for choosing our office to care for your child! For many of you, this may be your initial experience with us, or with physical therapy in general. At First Rehab you will notice that we treat a large variety of ages and diagnoses. Our therapists are licensed professionals, well trained and experienced in treating various injuries and mobility challenges. Lindsay Vertalka, MSPT and Allyson Wehrly, DPT both work with children at our office. Pediatric physical therapy is a specialized form of physical therapy. It incorporates knowledge from several dimensions of practice – mainly neurological, orthopedic and developmental. Unlike adults, young children may not understand exactly why they're in therapy. We hope to create a fun environment that promotes motor development and independence through “play.” While it may appear that we are playing with your child, every activity has a therapeutic goal and purpose. At First Rehab, we will work with your child, your family, and any other team member (daycare providers, Early On therapists, and physicians) to help your child reach his/her goals. Our entire staff is committed to providing exceptional care in a comfortable and friendly environment.

Based on a physician's referral and your input, a PT will perform an initial evaluation of your child. We will spend the first visit talking with you about your child and observing his/her mobility. We want your child to become acquainted with the therapist and be comfortable in our office. Depending on your child's comfort level, we may do additional work with your child to test the strength, range of motion, muscle tone, and flexibility in his/her muscles and joints. After the initial evaluation, your PT will develop a treatment plan to be implemented during the following visits. We share our initial evaluation and plan of care with the doctor that referred your child to therapy. If you want any reports from our office sent to additional providers, we will be happy to do so. If you know of an upcoming appointment with the referring physician, please inform us in advance, and we will make every effort to send an updated physical therapy progress report as well

Our initial treatment plan will include education regarding activities and possibly exercises and stretches to be performed by you with your child at home. For physical therapy to be as effective as possible, it is important that parents/patients share our commitment to this plan. Attending scheduled visits is very important and completing suggested home exercises/activities regularly will increase the effectiveness of the treatment plan. We appreciate as much notice as possible if it is necessary for you to cancel or change an appointment. Please read our included attendance policy.

During therapy sessions, please don't hesitate to offer suggestions about your child, his/her likes and dislikes, and ideas that work for you at home. Please take an active part in your child's therapy by asking questions & providing feedback. If you don't understand our suggestions, please don't hesitate to ask for another

explanation or demonstration. Parent education is a key component of pediatric physical therapy. It is also very important that you communicate with your child's therapist, who will want to know of any positive or negative reactions to the activities, exercises, stretches or manual treatments your child received. Any information you can provide will help the therapist make adjustments to your child's treatment plan, and help him/her progress more quickly. We strongly believe that YOU KNOW YOUR CHILD BEST! We will try to take cues from both you (the parents) and your child. If, for example, you feel that your child is tired, hungry or looks "done" with therapy, please let us know! It is expected that infants/toddlers will tolerate shorter treatment sessions (30-45 minutes) compared to school-aged children who might tolerate an entire 60 minutes of therapy. As a reward for good behavior, we may offer your child a piece of chocolate or a sticker at the end of a session. If necessary, we may use "time-outs" for children if/when they need time to re-focus or are having difficulty following directions.

The cost of physical therapy can vary greatly among insurance plans. We will make every effort to verify with your insurance company your eligibility and benefits for PT services. We accept almost all insurances, but deductibles, copays and out-of-pocket expenses are different for all plans. If you provide your insurance information, we will research costs and report them to you prior to your first or soon after your visit. We also suggest that you contact your insurance company to inquire about PT benefits. Insurance companies will often provide patients with more information than they give clinics.

To prepare for your child's initial visit you will need to complete a few intake forms. Please bring your photo ID and insurance card(s), your PT referral (often also called a "prescription" or "order",) a list of current medications, and cash, check or credit card for copayments, if applicable. We also ask that your child wear tennis shoes (rather than flip flops or boots) and comfortable clothing appropriate for movement and play activities. Dresses and skirts are not ideal for therapy. If you must bring your child's siblings to a scheduled appointment, we ask that they quietly sit with you in our waiting area or they may sit and quietly observe your child participate in therapy. For the safety of our patients and your children, we please ask that children NOT be allowed to play on our exercise equipment or rolling stools. Occasionally, with parent permission, we may ask a sibling to help or join in therapy activities if it is beneficial for your child. On the other hand, sometimes it is disruptive to have parents or siblings "watch" therapy sessions, so we may ask you to sit in our waiting area until the therapy session is over. In our experience, children are sometimes able to follow directions better if others are not watching.

Please communicate with the therapist if you have any questions, concerns or suggestions. We want your experience at First Rehab to be a positive one for you and your child!!

We look forward to working with you.

Jon and Lindsay Vertalka, MSPT

Owners

First Rehab & Sport Physical Therapy

