Make the most of your first physical therapy visit

Bring a goal you can demonstrate. Show the therapist the part of a daily activity that has become hard, then agree on what you will practice before the next visit.

Whether you are planning a knee replacement or recovering from illness or injury, start with the activity you want to regain. A therapist can explain what an assessment would involve and how your goals would shape treatment.

Three things to check before you book

Verify the physical therapist's license with the state licensing board. Check whether the location, travel time and appointment times will allow regular visits. Ask which care will be provided by the physical therapist, which activities an assistant may supervise and how the therapist will review changes in your plan.

What to look for during a visit

The therapist should consider your other medical conditions and how your activities fit into daily life. Ask why a treatment was chosen and what evidence supports it. Notice whether the therapist listens to your concerns, explains the plan in words you understand and gives you room to set priorities.

Navigating Your Physical Therapy Experience: Key Questions

To ensure a seamless therapy experience at Lakeview, consider these guiding questions:

- Is my therapist crafting a care plan in tandem with my input and concerns?
- Does my therapist empower me with knowledge to manage my care and preempt future challenges?
- Does the ambiance of the facility inspire confidence in its cleanliness and organization?
- Is my privacy and data security a priority for the staff?
- Does the team possess deep expertise pertaining to my specific condition?

Before you decide

Tell the therapist what matters to you and ask for one example of how they would work toward it. If you are considering outpatient therapy at Lakeview, ask which services and appointment arrangements fit your condition, coverage and travel needs.

Talk with Lakeview

For questions about a possible stay, call Lakeview Admissions at (262) 534-8509. During a stay, ask the bedside nurse who can help with your question.

https://www.lakeviewsystem.com/outpatient-clinic