

ASK YOUR PHYSICAL THERAPIST

CAN I SELF REFER TO PHYSICAL THERAPY?

YES, YOU CAN!.... For example: By law in Pennsylvania you can call Cardin and Miller Physical Therapy, schedule an evaluation and begin receiving treatment for the first 30 days without needing permission from a Doctor. Most insurances will honor payment for SELF REFERRAL just as they would otherwise. Medicare however requires that patients have a script from their Doctor before beginning Physical Therapy.

Why would I want to SELF REFER to Physical Therapy?

There are multiple reasons why SELF REFERRAL to Physical Therapy is beneficial to you. First, how many times have you had pain in your back, neck, shoulder or elsewhere and wondered, how can I get rid of this pain and get back to work, play, etc. as fast as possible? So you call your Doctor's office and you have to wait anywhere from 2 wks to months (especially to see a specialist) to be seen by your Doctor due to the busy schedule they keep? Or, you see your Doctor hoping to get rid of the pain and return to desired pre-injury activities, and at the appointment you are given medication and/or generic exercises to do that don't help or are not specific to your issues? Both of the scenarios listed above result in time wasted as you likely could have been better or well on your way to being back to normal if you could have received treatment right away. These scenarios prolong the time it takes to receive the proper treatment and this causes the pain to become more chronic and harder to get fully resolved when you finally do receive the correct treatment. Research shows that when you have an injury, if you receive treatment for the cause of the problem versus just treatment of the symptoms within the first 16-21 days following the start of the injury, you will recover more quickly and completely! So with SELF REFERRAL, you save time and treat the cause of the problem

vs. just treating the symptoms of the problem. In utilizing SELF REFERRAL to Cardin and Miller Physical Therapy, you also save money. If you go to see your Doctor and have to pay a co-pay for a visit only for the Doctor to send you to Physical Therapy when you could have just called and scheduled a Physical Therapy Evaluation you are spending money for 2 visits when you only need to spend money for 1 visit. In addition, if you see your Doctor and they give you medication and some generic exercises and you go home and do that for a few months and then repeat that pattern a few times you are spending money for each of those visits that may not help you fully resolve the pain you are having not to mention the lack of ability to return to pre-injury activities.

SO HOW DOES SELF-REFERRAL WORK?

If you are having pain and it doesn't go away in a wk. on its own (OR if you have had the pain for a lot longer), call the expert Physical Therapists at Cardin and Miller Physical Therapy at 717-245-0400 to schedule yourself an evaluation so that you can get rid of your pain and get your life back. The staff at Cardin and Miller will tell you if your insurance allows SELF REFERRAL. In addition, when you SELF REFER, Cardin and Miller will send a copy of your Initial Evaluation, Progress and Discharge reports to your Doctor so that they are kept in the loop. Finally, if during our evaluation, we see reasons that you should see your Doctor or specialist first, we will not begin treatment until you have seen them first.

If you have questions on how to SELF REFER to Cardin and Miller Physical Therapy email me at:
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