

## SERVICES

Indiana Total Therapy West is able to provide high-quality physical therapy treatment with state of the art equipment.



### **Sports Medicine**

Returning the professional, collegiate, high school and weekend athlete back to their pre-injury level of activity as quickly and safely as possible.

### **Total Joint Rehab**

Rehabilitating Total Hip Replacements as well as Total and Partial Knee Replacements.

## NEW PATIENT REFERRALS ACCEPTED DIRECTLY FROM ALL AREA PHYSICIANS

For appointment, please call

**724.349.2276**

### INDIANA TOTAL THERAPY WEST

2010 Shelly Drive  
Indiana, PA 15701

### HOURS

*Monday / Wednesday / Thursday*  
7 a.m. - 7 p.m.

*Tuesday / Friday*  
7 a.m. - 5 p.m.

*Saturday*  
8 a.m. - noon

Flexible Scheduling Available



## INDIANA TOTAL THERAPY WEST



2010 Shelly Drive  
Indiana, PA 15701  
724.349.2276  
Fax: 724.349.2297

# WELCOME TO INDIANA TOTAL THERAPY WEST

We look forward to your visits!

Indiana Total Therapy, the region's newest physical therapy provider, is proud to offer high-quality physical and occupational therapy, here, locally. We pride ourselves on keeping knowledgeable on the latest PT trends and equipment.

## We offer:

- Physical Therapy
- Occupational Therapy
- Women's Health Programs
- Vestibular and Balance Programs
- Sport Performance
- Functional Capacity Evaluations

## Treatments include:

- Sports and Work-related Injuries
- Sprains and Strains
- Low Back Pain
- Post-Op Rehab
- Total Joint Rehab
- Work Conditioning



## FREQUENTLY ASKED QUESTIONS

### *What is Physical Therapy?*

Physical Therapy is a profession whose practitioners utilize movement, various hands-on techniques, exercise of all types, and modalities (heat, electrical stimulation, ultrasound, etc) to improve potential to live the life you desire. Our goal is to assist you in achieving the highest and safest level of activity possible over the shortest time period.

### *Do I need to see a physician before coming to you?*

Your insurance carrier may require that you see a physician before seeing a Therapist. Currently, Medicare requires a physician's prescription before starting any treatments.

### *Will my insurance company cover Physical Therapy?*

Most insurances pay for Physical Therapy, however, the amounts paid and number of visits allowed is highly variable and depends on the policies of your particular carrier. Please check your policy or call your carrier if you have questions.

### *What if I can't afford to pay for each session?*

Payment counseling is available through our TotalCARE Program. Please ask when you make an appointment and we will provide you with further information.

### *What should I expect when I come to see you?*

During your first visit we will perform an initial evaluation to determine your current functional level and set rehabilitation goals to assist you in returning to your prior level of function. With your consent and involvement, together the best course of treatment for you will be determined. We will negotiate any follow-up treatment that may be needed to monitor and/or advance your treatments to continue progress toward your goals. Please wear comfortable clothing that allows access to the body area to be addressed.

### *How long are the appointments?*

The initial appointment is approximately 60 minutes and may extend longer pending beginning treatment on the same day. Also, please allow time to fill out the necessary paperwork. Length of follow-up appointments will be determined by yourself and your therapist depending on the type of treatment required.



World Class Rehabilitation Care