

PHYSICAL THERAPY: REFERRAL & TREATMENT BARRIERS & TOOLKIT

Expectations/ Buy In

Are you interested in improving how you move and function?

How long do you think you need to work with PT to start seeing meaningful changes?

Are you willing to do exercises & stretching and a home program- or do you think that massage, Ultrasound or electrical stimulation is better for your condition? (active vs passive care)

Do you think that when you go to PT that every day will be better than the one before (pain and /or function)?

Access Examples

BCN: 60day window for the year

PH Medicaid: 90 day window

Flexibility with appts or rigid 3 x's a week?

Clinic Hours?

Childcare needs?

Finances

Copay?

Deductible?

Early in the year/ late in the year?

Distance or time away from work

Transportation costs?

Content

What are you doing in PT? (Active vs Passive treatment)

What have you learned?

What goals are you working on? (functional goals?)

What have you been taught to manage or decrease your pain on your own?

Are you working 1:1 with your therapist or are they managing multiple patients at a time?

Attendance

How many times have you attended?

Gaps in care?

Frequency?

Dosage

How much activity at each appointment? (vs passive?)

How intense is that activity? (in the clinic)

What are you expected to do at home?

How often are you doing it?

How intense is that activity? (at home)

What are your general activity levels?

Are co-morbidities preventing further participation or activity?

Increased Pain

Overdosed exercise/ activity?

Is this the most activity you have done in a while?

Do you know what specifically made you worse?

How long did the increased in pain last?

What was the time to onset after PT?

Is there a pattern here? ...or a 1 time fluke with no clear mechanism?

Are you willing to go back and try again?

Was this a new thing you tried? Eg. Treadmill, exercise, etc

Were you nervous uncomfortable when you tried it?

Does the pain feel like when you

Interpersonal Conflict/ Rapport

Do you feel like your therapist is attentive to your needs?

Can you switch PT's or clinics?