



Ten Ways to Achieve Success

We value you as a patient and want to make this a positive and rewarding experience for you. Here are some tips that will ensure the best possible outcome.

1. Communication is key! Please communicate any concerns and provide feedback to your therapist.
2. **We have adopted a team approach here at Chandler Physical Therapy & Sports Rehab.** We make every effort to keep the same patient with the same therapist. However, due to scheduling conflicts, vacation, and illness, this might not always be possible. Thank you in advance for your flexibility and understanding.
3. **Be diligent about performing your home exercise program.** Your home exercise program is designed to complement your therapy and aid in a faster recovery.
4. You should not have any sharp or lingering pain when doing your home exercises. If you are experiencing these symptoms, you should stop the exercise and report it to your therapist at your next visit.
5. During the course of your treatment, you may experience some episodes of increased pain. It is not uncommon for this to happen as we are addressing dysfunctional tissues and joints. Ice is the best modality to use for pain. If you are really uncomfortable or have moderate to high levels of pain, we ask that you call our office and speak with your therapist. They can provide you with good advice over the phone to get you some relief.
6. **Please inform your therapist or the front office when your next doctor's appointment is.** We will provide a written progress report to your doctor so that they can be made aware of your progress. In addition, it is also helpful to remind your therapist at your last visit prior to your doctor's appointment so that they will have time to complete your note.
7. Please make every effort to keep your scheduled appointments. The frequency of visits per week will be determined by you, your doctor and your therapist depending on the nature and severity of your injury. It is important that you follow through with this plan so that you receive the maximum benefits in the shortest time possible.
8. **We ask that you give a 24 hour notice prior to cancellation.** If an appointment is canceled less than 24 hours before your appointment or you fail to show for an appointment, you will be charged \$35.
9. **Co-payments are expected at each visit.**
10. As a courtesy to those with allergies, we ask that you refrain from wearing perfume, cologne or fragrances while in the clinic.
11. Finally, maintain a positive attitude and have fun!

"A healthy mind watches the little thoughts that take root in the unattended crevices of the mind-soil. If they are good thoughts, they should be watered and tended. If they are bad thoughts, they should be quickly eradicated." - Archibald Hart, Habits of the Mind.

Patient Signature: _____ Date: _____