



Carolin Rehabilitation

Uncompromising Excellence. Commitment to Care.

Outpatient Therapy FAQ Sheet

Q. How long is a typical appointment?

A. The first appointment is usually the longest because the therapist will conduct a thorough evaluation to determine the extent of the patient's problem. This appointment may last up to an hour. Most additional treatment sessions will last 30 to 45 minutes. This time sequence may vary depending on the complexity of the diagnosis and treatment.

Q. How long will the therapy last?

A. Each individual's case and circumstance is different; therefore, the length of time in therapy treatment depends upon what the individual needs to gain independence. On the first visit, the therapist discusses which treatments his or her patient needs and how long they should expect to be in therapy. Generally, patients are seen two to three times per week during a three to 12-week period.

Q. Are physical, occupational and/or speech therapy covered by insurance?

A. Carolinas Rehabilitation accepts most major insurance plans. As with a visit to any physician, many insurance plans require a co-pay for each visit to a therapy session. This co-pay varies according to individual insurance plans. A Carolinas Rehabilitation account representative verifies patient insurance benefits before beginning treatment.

Q. How should you prepare for the first appointment?

A. Because there is paperwork to be filled out at the first visit, a patient should arrive 15 minutes earlier than the scheduled appointment time. A patient should bring a copy of his or her insurance card, a therapy order from a doctor or confirm that a doctor's office has faxed this order to us.

Q. What should be expected in therapy sessions?

- A. Each patient receives personal care from a therapist. Patient and family members receive consultation time to discuss the goals they hope to achieve during treatment. Patients receiving more than one therapy can expect treatment coordination of care between disciplines. Home exercise programs or activities to reinforce skills will be addressed during treatment sessions, and educational materials are provided to improve the patient's understanding and awareness of problems. In addition, patients are continually encouraged to safely increase involvement in home and community activities.

Q. What should I wear for my therapy appointment?

- A. For general therapy appointments, loose fitting, comfortable clothing is recommended. Our locations will also have gowns and shorts with a place to change clothes. For whirlpool treatments, clothing that will allow the wound to be exposed for placing in the whirlpool is best.

Q. How can I prepare for pediatric feeding sessions?

- A. Specify the food item liked, food item not liked, 2-3 textures of food and bring typical utensils used while feeding, such as a cup, straw, bottle, spoon, dish, etc.