

Prescription Physical Therapy

Prior to scheduling your first visit we require:

1. Doctor's orders in our office. Our fax number is 940.243.0173.
2. Your insurance information for verification and confirming pre-authorization requirements as well as deductible and copay/coinsurance information.

At your first visit:

Intake paperwork with medical history, medication list, standardized self-assessment inventories, pain chart and insurance authorization. Require copies of your driver's license and insurance cards.

A plan of care will be developed at Evaluation. The plan of care will establish a set schedule that should be followed as closely as possible. For example: 2x/week for 4 weeks –a predetermined # of visits.

Medical Necessity is required for each visit. Goals will be established and should be met prior to discharge.

Therapy will consist of MFR (Myofascial Release), exercise, balance, neuromuscular re-education and gait training as needed.

Fees

Initial evaluation charge plus \$45 per procedure unit – typical charge – first visit \$280-350

Each additional visit \$280-\$325 – these fees are adjusted by insurance.

Lindy Physical Therapy is currently in-network with BCBS and traditional Medicare. We are out of network with all other insurance providers, but we will file for you. We are happy to provide paperwork for those who use a health cost-sharing program as well.

Health and Wellness Visit

No pre-visit requirements! Think of it like going for a massage.

Minimal intake paperwork.

You are in charge of how often you want to come.

Self-pay.

MFR (Myofascial Release) is whole focus. Self-treatment techniques may be suggested.

Fees

30 min session - \$60 (infants)

60 min session - \$115

90 min session - \$170