

TO: Parents, Coaches, Teams

Purpose: To understand how our sports injury screening program works and where to go from here

WHAT IS A SPORTS INJURY SCREENING?

The Program:

- Step 1:** Athlete sustains an injury that requires an evaluation by a medical professional. Coach signs the Team PT Referral Slip. Same or next day appointment is made at Team PT.
- Step 2:** Athlete receives a Physical Therapy Evaluation and Assessment. First-Aid is administered which may include whirlpool, ice/heat, muscle stimulation, bracing, compression taping and stretching. Two first-aid sessions on back-to-back days are provided at no charge.
- Step 3:** The medical necessity for a physical exam is determined and if required, you may be referred to an orthopedic physician for a same day appointment through our Physician Referral Network, or utilize your current physician.
- Step 4:** If additional physical therapy treatment is necessary to assist in a rapid return to play, we require a prescription with a diagnosis from a physician – your pediatrician, family or orthopedic doctor.
- Step 5:** If prescribed, aggressive physical therapy is provided to promote healing, restore function and allow a rapid return to play.

QUESTIONS AND ANSWERS

1. **Cost?**
The Sports Injury Screening is free. Up to one additional first-aid treatment is free.
2. **Do I need an appointment?**
Yes, which is usually a same day appointment. This helps to avoid athletes coming in all at the same time.
3. **Do I need to see a doctor first?**
No. Physical Therapists are licensed to provide a physical therapy evaluation and assessment without a physician referral.
4. **Do I need to see a doctor for continued treatment?**
Yes. Physical therapy treatment requires a diagnosis and prescription. We can provide you with a prescription with the recommended treatment listed on it for your doctor to sign.
5. **Will my insurance pay for physical therapy?**
In most cases, yes. We will call your insurance company and verify benefits for you. Please have your athlete bring his/her insurance card to their first visit.
6. **Can I pay cash?**
Yes. Athletes with HMO or non-covered insurance can choose discounted cash programs.
7. **Is a parent required to attend the Sports Injury Screen?**
Yes. If you are unable to attend due to work schedules, we can provide your athlete with the Sports Injury Screening packet for you to complete and sign. Once completed, he/she may call to schedule an appointment.