

Tips On Dealing With Insurance Companies For Physical Therapy

- 1) Before requesting physical therapy, (PT), do a Google search for PT's in your local area.
- 2) Call and speak with them and tell them what you are wanting to work on. (i.e. muscles groups, etc..)
- 3) Call your doctor and give them the therapist's address, so your doctor can write the order. (prescription)
- 4) Tell your doctor to write the number of sessions they want you to take. **(be aggressive with this number)**
- 5) After the prescription has been written, call your insurance company and have them assign you a case manager.
- 6) Tell your case manager the importance of this therapy and why you need a specified amount of sessions.
- 7) The more consecutive sessions, the better the improvement during reevaluation. The less consecutive sessions, the worse the improvement during reevaluation.

FRUSTRATION: (How Insurance Companies Think)

Too much improvement, patient no longer needs PT.

Little or no improvement, patient's therapy is not working and they no longer need PT.