



Thank you for your interest in Manual Therapy of Nashville, for specialized physical therapy in orthopaedic manual physical therapy (OMPT) with emphasis on wellness and prevention.

Prices are as follows:

Initial 60-minute OMPT Evaluation plus an additional 60-minute Treatment	\$335.00 (2 visits)
Initial 90-minute OMPT Evaluation plus an additional 90-minute Treatment	\$455.00 (2 visits)
60-minute OMPT Treatment (recommended)	\$150.00
90-minute OMPT Treatment	\$210.00
45-Minute OMPT Treatment	\$130.00

Scheduling and payment are online at: <http://manualtherapyofnashville.com> or www.RebeccaLowe.physio and click on "Schedule an Appointment."

Location is: 95 White Bridge Road, Cavalier Building, Suite 310.

For most conditions, home instructions will be given for starting a home program, including pain relieving techniques, posture and ergonomic instruction, and/or therapeutic exercises. These instructions are very important to the success of your therapy.

You will need a doctor's prescription for physical therapy in hand **before** the first treatment if you are planning to file with your insurance company. You can see a physical therapist for up to six visits, or one month, without a doctor's order in Tennessee. Clients who are receiving benefits from Medicare are only allowed to see a non-participating physical therapist for maintenance/wellness care which is not covered by Medicare.

Clients are responsible for filing their own insurance claims, and if you are planning to I strongly recommend that you call your insurer and verify your coverage prior to your first visit. All insurance plans are different. Please do not assume that your insurance will cover your therapy. Be sure to ask if your insurer offers different deductibles or

615-988-9084

Fax

95 White Bridge Road, Suite 310

Nashville, TN 37205

615-953-0015

office

different coverage for out-of-network-providers. However, so many plans have such high deductibles, that many people will actually save money by coming to Manual Therapy of Nashville, since the number of visits is so much lower than the average course of physical therapy at a general practice.

If you have a Health Savings Account (HSA), these funds can usually be used for physical therapy services.

Contact me if you have any further questions. Again, thank you for your interest in Manual Therapy of Nashville. It is an honor to be of service to you.

Rebecca Lowe, PT, COMT, FAAOMPT, RYT and Sandy Gibson, PT, PRPC, CMPT

Manual Therapy of Nashville

615-953-0015 (office)

615-988-9084 (fax)

www.manualtherapyofnashville.com

www.RebeccaLowe.physio

rebecca@manualtherapyofnashville.com and sandygibson309@gmail.com

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Patient History Form

Date: _____

Name: _____

Date of Birth: _____

Age: _____

Address: _____

Email: _____

Physician: _____

Phone: _____

Emergency contact/phone: _____

Circle any of the following that apply to you:

high blood pressure

diabetes

currently pregnant

heart disease

breathing problems

history of seizures

osteoporosis

cancer

arthritis - osteo or rheum?

infectious disease

intestinal disorders

thyroid condition

circulation disease

paralysis/stroke

skin sensitivity

dizziness

headaches

mental/nervous disorders

vision problems

balance problems

falls

other: _____

allergies (please list) _____

Do you have any disease or infection that can be transmitted through bodily fluids? Do you have clotting disorders? Are you on blood thinners? YES NO

Have you had a motor vehicle accident or other trauma? Yes or No

Was there immediate pain or delayed pain? (circle one)

Did you have loss of consciousness? Yes or No

Past surgeries _____

Do you have any popping or clicking? Yes or No. Where? _____

Is the popping/ clicking accompanied by pain? Yes or No.

Do you have headaches? Yes or No. Where? _____ How often? _____

Do you experience discomfort when you cough or sneeze? Yes or No

Do you leak urine when you cough, sneeze, laugh, exercise or with strong urge?

Do you experience leakage of gas/feces?

Do you have pain with urination, bowel movements, during intercourse or with pelvic exams?

Have you had any recent change in your weight (greater than ten pounds)? Yes or No.

Does your discomfort ever wake you at night? Yes or No

Overall are your symptoms improving the same or worsening? (circle one)

What medicines or supplements are you taking? _____

Have you had any tests for your present condition? (please list) _____

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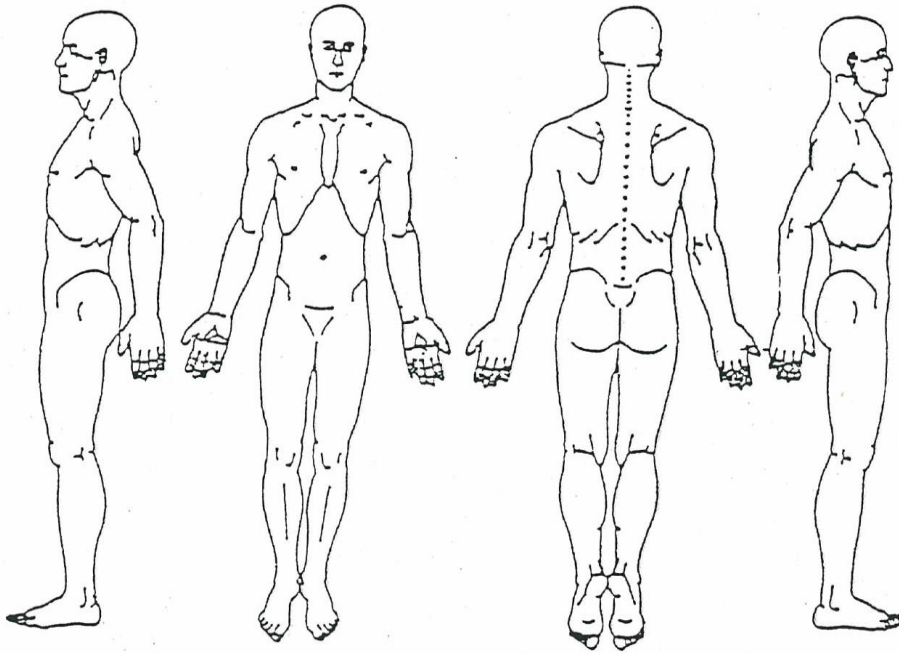
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Draw on the figures where you feel your pain, numbness, or tingling.

Also, indicate a number on a scale (0-10) next to the area of pain. 0 is no pain.

Answer the following for each of your problem areas (copy and paste or use back):

Describe what your problem is and how it started: _____

Date of onset or injury: _____ Did symptoms start suddenly or gradually?

Prior to the current problem were you free of discomfort where you have it now? Y or N

If no, what treatments have you tried and what were the results?

Is your discomfort constant or do you have times that are pain free? (circle one)

Pain (or other symptom) worst in morning midday evening night? (circle one)

Pain (or other symptom) least in morning midday evening night? (circle one)

What activities or positions aggravate your symptoms? _____

What activities or positions relieve your symptoms? _____

Exercise History:

Do you currently exercise? Yes or No

What do you do for exercise? _____

How often? _____

Distance? _____

Do you have a certain type of shoe? _____ Orthotics? _____

What is your goal for exercise/ training? _____

Do you follow a certain training program? _____

Do you have a particular trainer? _____

Do you participate in any races or other competitions? Please explain (include distances and how often):

Are there any activities or recreations that you would like to return to?

When was the last time that you did this activity or recreation? _____

NO SHOW/ LATE/ CANCELLATION POLICY

Appointments are scheduled and paid for online through Mindy Body. If you should need to change or cancel less than 24 hours in advance of your appointment, the full fee for the treatment session is charged because it means a non-productive time-slot for MTN and MTN would rather keep charges lower, rather than be forced to increase them to defray the cost for missed appointments. If you are less than 15 minutes late, you may choose to be treated for the remainder of the time; however, the charge will remain the same. If you are more than 20 minutes late, then the therapist has the choice whether to continue with treatment; however, the charge will remain the same.

PAYMENT POLICY

Manual Therapy of Nashville, LLC does not accept insurance or third party payments. Most appointments are scheduled and paid for online through www.manualtherapyofnashville.com and Mind Body. Please contact MTN if you need assistance, or would like to discuss accommodations. I understand that I am solely responsible to be informed of my insurance plan’s policy on co-pays, deductibles, and coverage and to file my insurance that pertain to my physical therapy at MTN, an out-of-network provider. I understand that I am financially responsible for all charges.

RELEASE OF MEDICAL INFORMATION/ PRIVACY POLICY

My medical records will only be released to my referring physician/referring physician’s staff and to myself by email, mail, or fax, unless otherwise requested in writing. Exclusions to this policy are only as necessitated to comply with State Worker’s Compensation Laws, in the event of an emergency, as required by law, in the course of a judicial proceedings, for research as described below, to prevent or lessen a serious or imminent threat to another person or the general public, or if MTN is sold or merged with another organization. MTN may contact me by phone, text, mail, or email for purposes of scheduling appointments, client paperwork/ reports or to respond to questions about my condition, treatment, response to treatment, or plan.

I authorize the use of my medical records for medical or scientific research, which allows researchers to learn new or better ways to evaluate and treat injuries or illnesses. Research results do not identify individuals by name or any other personally identifying characteristics. This authorization does not expire but may be revoked or limited by me, in writing, at any time.

DIRECT ACCESS ATTESTATION

In Tennessee, if you want to see a physical therapist without a doctor’s prescription you can choose to do that for up to six visits or thirty days, whichever comes first. If you would like to receive physical therapy services without a doctor choose one of the following options:

I choose direct access to physical therapy.

I would like to have my evaluation sent to the following medical provider/physician:

Signature: _____ Name: _____ Date: _____

CONDITIONS AND CONSENT FOR PHYSICAL THERAPY EVALUATION AND TREATMENT

We at MTN are committed to serving you and making your experience enjoyable and successful. Thank you for choosing us as your partner in health and fitness. You have a choice in health care providers, and we aim to exceed your expectations.

Informed consent for treatment:

The term "informed consent" means that the potential risks, benefits, and alternatives of physical therapy treatment have been explained to me. The therapist provides a wide range of services and I understand that I will receive information at the initial visit concerning the treatment and options available for my condition.

Treatment options for your condition may include, but are not limited to: range of motion, stretching, strengthening, motor re-training, and balance exercises, soft tissue mobilization, joint mobilization, neurophysiological exercises, home exercises, trigger point dry needling, dermal dry needling, electrical stimulation, posture and ergonomic education, self-treatment instruction, taping, cupping, massage, neurological re-education.

Potential benefits: Benefits may include an improvement in my symptoms and an increase in my ability to perform my daily activities and recreational activities. I may experience increased strength, awareness, flexibility and endurance in my movements. I may experience decreased pain and discomfort. I should gain a greater knowledge about managing my condition and the resources available to me.

Potential risks: I understand that the most common risk is that I may experience an increase in my current level of pain or discomfort, or an aggravation of my existing injury. This discomfort, or any other symptom, is usually temporary: if it does not subside in 24 hours, I will contact my physical therapist. Although, unlikely, other risks include fracture, lung puncture, stroke, or loss of life.

No warranty: I understand that my physical therapist at Manual Therapy of Nashville, LLC cannot make any promises or guarantees regarding a cure for or improvement in my condition. I understand that my physical therapist will share with me his/her opinions regarding potential results of physical therapy treatment for my condition and will discuss treatment options with me before I consent to treatment.

You have the right to decline any treatment option that is offered to you and alternatives will be discussed. I have been given the opportunity to ask questions about the evaluation and treatment options, or any other questions that I have.

Alternatives: If I do not wish to participate in the therapy program. I will discuss my medical, surgical, or pharmacological alternatives with my physician or primary care provider.

I have read the above information and I consent to physical therapy treatment. By signing below, I acknowledge that I have read, understood and will abide by the conditions and policies noted on this consent form.

I do hereby consent to such treatment by the authorized personnel of Manual Therapy of Nashville, LLC as may be dictated by prudent medical practice by my illness, injury, or condition.

Authorized Signature:

Today's Date:

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