

# What you need to know for your first appointment:



Please arrive 30 minutes before your appointment.  
Your appointment will last approximately 1.5 hours

## What to bring

- Medical history
- Insurance information
- Picture ID
- List of medications and supplements you are currently taking
- Any questions you have for us

## What to expect

During your first appointment, you will be in the clinic approximately an hour and a half. The first 30 minutes are for filling out intake paperwork and checking insurance benefits.

Once you are with your physical therapist, they will spend the first 20-30 minutes getting a detailed history of your symptoms to look for the types of things you do during your day that could be contributing to your pain.

During your appointment, our therapists try to figure out the root cause of your problem by performing special tests involving multiple body parts that might be affecting your area of pain.

Their goal is to solve the problem — not just treat symptoms — so that you don't have the same issue occur later.

We take a little longer to do the evaluation because as much as we want it to be, often times physical therapy is not a quick fix. Your problem may be something that requires more focus... and as a result, increased time in the initial evaluation.

We also need you to bring in your photo ID, insurance card and list of medications you are taking. As for attire, casual clothing is recommended.

Please wear comfortable clothing that allows for **movement**



## Accelacare Physical Therapy

1800 Palace Dr. Suite C  
Garden City, KS 67846  
(620) 271-0700 phone  
(620) 271-0703 fax  
info@accelacarept.com

We are located behind  
Golden Corral



Find us on  
Facebook and  
Instagram!

Thank you for choosing Accelacare Physical Therapy.  
We look forward to helping you!