



## Calling Around to Find The Best Physical Therapist for You?

This can be a totally sensible thing to think about and want to do. We want to ensure you fully understand the difference in cost and quality of care that you'll be receiving. Sometimes going in-network is just as expensive or more, for a lesser experience and result.

We highly encourage you to use the checklist below when calling around to get the facts about your PT options and make the best decision for you. When calling, it is also encouraged to talk to the PT you'd be working with and not just a front desk staff.

### What to ask a physical therapy clinic:

- ? How much **1-on-1** time will I get with the Doctor of physical therapy each visit? *At RunMental, we only see people 1-on-1, with the first session being about 90min and follow ups 60min.*
- ? Will I have **the same PT every session**? *You will always have the same PT and have the ability to communicate with them between sessions as needed via text, call, and/or email.*
- ? How many **visits per week** are typically prescribed? *On average, we will see you once every 3 weeks*
- ? How long is the **average plan of care**? *This can vary greatly, but most do very well with 3-6 follow up sessions after the eval to get back to strong and confident running. This time frame allows for long term change and not just relying on quick "fixes" by only addressing symptoms.*
- ? Do your PT's **specialize in the services I need**? *At RunMental, we specialize in the management of runners from injury to performance*