

Top 10 Things

You Must Know Before Choosing Your
Physical Therapist



THE DOCTORS OF
PHYSICAL THERAPY
Live Life Today



Introductory Letter from

Dr. Tom

Dear Friend,

If you are researching physical therapists and different types of professionals for yourself, a family member, or another loved one, you are in the right place. Just like everyone's body is different, physical therapists are very different. In your search for finding the right physical therapist for you, you will most likely find similar treatment options, even named the same things. That being said, not all treatment is the same.

At The Doctors of Physical Therapy, our mission is to help people live active healthy lifestyles free from restrictions due to pain. Our vision is changing lives, advancing the profession, and supporting our community. There is no better reward of seeing how happy our patients are after we help transform their bodies and lives. To help support our mission, and to help you choose the right physical therapist, even if it's not us, I put this report together, "The Top 10 Things You Must Know Before Choosing Your Physical Therapist."

PS. When you are ready, I urge you to schedule your Discovery Visit, complimentary consultation (\$149 value), and more by calling 480-482-0651 or go to www.TheDoctorsOfPT.com.

Sincerely,

If you are considering other options you are likely considering alternatives beyond physical therapy. Many people are trying to decide between chiropractic, massage, acupuncture, physical therapy, or pain management.

If you are considering other options, my advice is to first determine what you want to get out of treatment. Many treatment alternatives focus on symptom relief and pain management rather than long term solutions. For some people, managing the pain is an acceptable outcome. It's important to know this about yourself. By first having clarity on what your ideal outcome is, you can then be more certain that you'll find a doctor who can help you achieve those goals.

When you are ready to learn more about your options with us for long term solutions, we are here for you.



Number 1: Are they a **Specialist?**



Physical therapists vary in specialty quite a bit. You'll still find people with Masters and Bachelors degrees in physical therapy, but for the past 20 years physical therapy has been a doctorate level degree. Even then, not all people who are doctors of physical therapy have the same approach.

Physical therapists who specialize in helping their clients achieve long term outcomes are also specialists in exercise. This takes education well beyond what's provided at the entry level doctorate degree.

Our physical therapists at The Doctors of Physical Therapy are all Doctors of Physical Therapy. We also have a heavy emphasis on continued training in exercise and strength training. Staying on top of the cutting edge research in this field means our physical therapists specialize in helping someone go from injured to staying injury free and getting back to any level of desired activity.

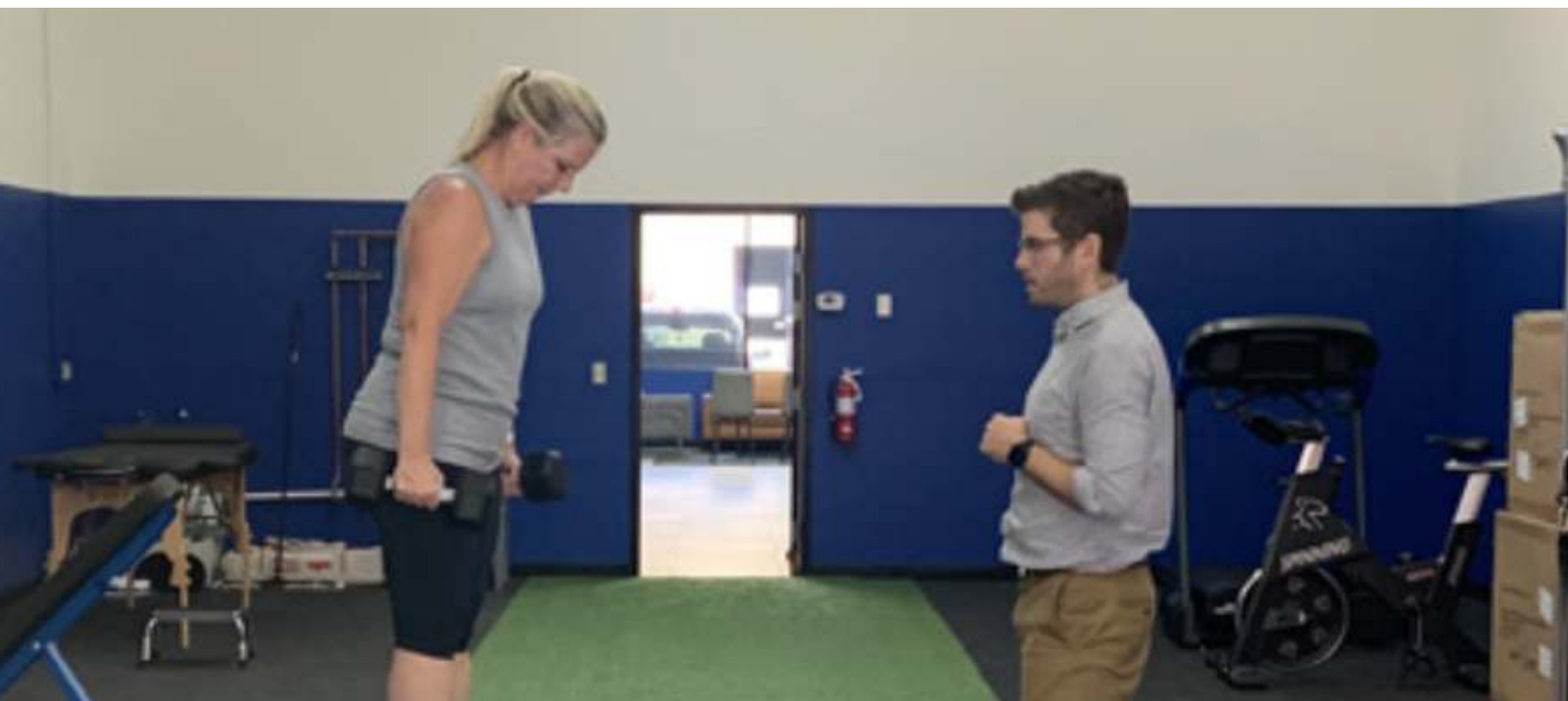
Number 2: Do they use

Aides or Technicians?

Now, you may have not been to a physical therapist before. Standard practice is for a physical therapist to have a couple of aides, or technicians. These individuals are typically responsible for helping the clients through their exercises. Even though it is a widely used practice, there is a much better chance of you getting better if you work with a physical therapist through this portion.

The exercises are the most important part of the long term solution. Often there are small details in the exercises that make all the difference. In many cases, the assistants are responsible for multiple clients at the same time. This means that they are not really focused on you.

At The Doctors of Physical Therapy we do not use any aides or technicians. The entire session is performed 1-on-1 with your physical therapist.





Number 3: Are they highly **Successful?**

Why is this important? Wouldn't you get a "better deal" from a physical therapist who is bargain priced? Why would you choose someone who is busy and who is not bargain-priced? When you discover a practice like The Doctors of Physical Therapy that has treated thousands of patients in Arizona, you've discovered a practice built on referrals. Patients don't enthusiastically refer if they feel they were lied to or treated badly, put in pain or wound up with lousy results, or were overcharged. Our clients tell their friends and family about our practice because we earned their trust and they are thrilled with the active lifestyles they are able to live.

I keep my office very busy. Yes, we advertise. But mostly, my practice thrives by patient referrals. Not that I would anyway, but I don't need to goad you into extra sessions and visits that you don't need.

We are results oriented. We don't need to fill your time with hotpacks, icepacks, and treatment that helps you "feel" better temporarily, but don't get you long term results. Our fees are calculated to provide you with the outcome you desire, and make sure that you get the best possible care and chance of achieving those outcomes. If I were you, I'd worry if I found a doctor that's cheaper than anywhere else. If you do, then you might know that behind closed doors they might be asking "how do we do this cheaper?" Is that the question you want asked back there, at every step of your treatment? There's a science and an art to this. My specialists and my staff are highly trained to produce state-of-the-art outcomes and nothing less. The doctor makes a difference. That's why I tell everyone to find a highly successful physical therapist.



Number 4: Do they offer the first visit **Free of Charge?**

Not many physical therapists offer free examinations to new clients. The reason that we do is because we know you have unanswered questions. You have likely been to other doctors in the past, and have felt unclear about what the expectations were. In our first visit we focus on finding out what your goal is and why that's important to you. We then examine you to determine what might be stopping you from getting there. Then we explain to you exactly what we find in detail. From there, we have a discussion about what you could expect from working with us.





Number 5: Do they offer

Guarantees?

If so, what are they?



No matter which physical therapist you choose, ultimately you are not making a small investment in time or money. That being said, wouldn't you want to ensure that your physical therapist is going to stand behind their company? Of course! At The Doctors of Physical Therapy we offer a 100% satisfaction guarantee. You will know when working with my team that you have a team that is 100% as dedicated to your goals as you are. You'll know that we leave no stone unturned, and you'll feel certain about our process every step of the way.

Number 6: Are they using the

Latest Research

& treatment options available?

Physical Therapy today differs a great deal from years past. 20 years ago, everywhere you looked in a PT clinic you would see people using ultrasound machines, hot packs, cold packs, and electric stimulating devices.

The reasons for this varied, but the research is in. Many of these things have been found to have very little to no benefit for the patient. The best news is that the latest research indicates that people already come equipped with much of what they need to heal. A brain, muscles, joints, ligaments, and nerves.

It's been proven again and again that targeted strengthening, and a good coach to guide you through the right movements and exercises can and will fix almost any physical pain. In fact, with this method over 90% of clients seen at DPT experience full resolution of symptoms, and Doctors all over Arizona refer to DPT their most difficult cases.

At The Doctors of Physical Therapy we are constantly staying up to date with the research and how to best position your body to heal itself.



Number 7: Do they know how to get you **Stronger?**

Each physical therapist receives a basic introduction to exercises in school. But to go on and become an expert that knows how to get the body to adapt and become progressively stronger requires further training.

Throughout the physical therapy industry it's common to see recommendations of 3 sets of 10 exercises at light weights prescribed to patients. This will get you better at doing 3 sets of 10 with light weights, but it will not make you stronger. In fact, what typically happens, is this is enough to get you out of pain, but two months later you're having the same problem. The conclusion is that physical therapy "doesn't work" when in fact, you just didn't have a good physical therapist.



Number 8: Do they take the time to

Educate You

on what they find?



As strange as it sounds, many people have the experience of the doctor, or therapist, moving them around, and asking them to do a bunch of things, and then just handing them some exercises without much explaining. What usually happens next is you do the exercises for a little bit, but you're not sure what you're doing so you stop because it doesn't seem to be helping yet.

Doctors and therapists like to play the blame game and say that in this situation, the patient is not being compliant. I disagree! I think that if the doctor or therapist wants compliance, they need to explain EXACTLY what they have found, and WHY these specific exercises will help you. This will make doing them important to you, and you'll know exactly why you're doing them!

Keep in mind, throughout your treatment, you should know exactly what to expect, and how long it will take. If things are not going as quickly as planned, the therapist should be re-analyzing your specific situation, changing the plan, and explaining their thought process.

When things are done this way, it means that you are working together as a team, rather than the doctor simply throwing exercises at you.



Number 9: Do they make you feel **Comfortable & Important?**

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Number 10: Do they have a **Great Reputation?**

With the internet today, it is extremely easy to pull up ratings and reviews from patients. Simply go to Google and search for physical therapist reviews and ratings with your town. At the time of this report, you will see that we have 51 reviews on Google posted by our patients, and we are 5-star rated.

Additionally, look on the website for video testimonials from actual patients. Visit TheDoctorsOfPT.com to view some videos from actual patients. You can also ask the physical therapist for references.

We are also 5-star rated on Yelp and Facebook.

