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# Physical Therapy Program

Physical therapy is a key component of a health-care plan, one especially designed to improve movement and function, relieve pain, and expand movement potential. Through evaluation and individualized treatment programs, physical therapy can address both existing problems and preventive health care for a variety of problems.

The physical therapy evaluation includes your history, observation of your posture and movement and palpation. Testing muscle strength, flexibility, and joint range of motion also may be required. Treatment may include the use of specialized equipment, mobilization of stiff joints and tissue, exercise, stretching, heat or ice, and education. Determining the cause of your injury and teaching you preventive and self-treatment techniques are emphasized.

Physical therapy requires a referral from any physician, physician's assistant or nurse practitioner. To make an appointment, call 650-723-3195 or come to the Physical Therapy department on the second floor of Vaden.

## Charges for Physical Therapy

### Cardinal Care Members

There will be a \$10.00 copayment required for each visit. Please pay at the reception desk on the first floor of Vaden Health Center prior to your appointment time. Payment may be made by cash, check, MasterCard/VISA.

### Non Cardinal Care Students

Call your insurance company before your first visit to make sure that they will pay for you to get your physical therapy treatments here. Tell them that we bill through **"Stanford Hospital and Clinics" (tax ID #77-0465765)**. Find out if you have a deductible, if you have any limits, and what percentage of your bill your insurance will cover. If your insurance will not pay for you to get your treatment here, find out where in this area you can receive treatment.

Be sure to bring complete insurance information at your first visit which you will need to give to Vaden's Insurance Office. Also bring a copy of your insurance card.

The patient is responsible for any charges not paid by insurance.