



At Optimal Physical Therapy, our goal is to help all patients reach a fully recovered state. Your physical therapist will provide you with your plan for care during the evaluation appointment and will inform you of the necessary number of visits to help you achieve your goals. Patients who attend all of their physical therapy visits are 93% more likely to fully recover from an injury whereas those that miss even one visit have a lower potential for recovery. We are happy to share a copy of this study with you but want to make sure that you understand that it is extremely important that you attend all of your appointments. This policy ensures that all patients have the opportunity to receive the care they need.

Please read our policy and sign at the bottom indicating you understand our expectations and our policy.

- As experts, we know that **you will not reach full recovery if you do not attend your appointments.** To help ensure you have the best chance at recovery, we will work with you to schedule out all your appointments after your evaluation today and in order to have the best chance at recovery, you will need to attend each visit.
- Please note: Our goal is to begin your treatment sessions on the schedule. For all appointments after your evaluation, we expect that you will arrive at least 5 minutes prior to your appointment time, dressed for your session, and ready to begin on time. This will allow our front office to handle their responsibilities and our specialists to provide the care you need and deserve.
- If you're late for your appointment, you're missing the time that we have specifically scheduled for your care, and we cannot guarantee that we will be able to provide you with your full treatment as we have reserved the appointment time following yours for someone else.
- If you are running late, we need you to call us immediately, not text or email, so we can prepare for your late arrival and consult with your clinician. If you are more than 15 minutes late, your session may need to be rescheduled and if that occurs, you will incur a missed visit charge. Chronically late patients will be asked to change their appointment times.
- Our schedule is very full and certain time slots are not always available for patients who need them. If you need to cancel or change a scheduled appointment, for any reason, we require a day's notice via phone call, not email or text, **during business hours, so we have enough time to help someone else who needs an appointment time.**
- When you call to cancel an appointment, have your schedule ready as we will reschedule you right away.
- Same-day cancellations and appointment no-shows are not permitted as they keep other patients from scheduling to get the care they need.
- **There is a \$50 fee if you do not provide at least a 24-hour notice of your appointment change or cancellation. This is non-negotiable and it is your responsibility as insurance will not cover it.**
- While we understand that illness can strike at any time, we still expect that you will work to provide at least a 24-hour notice if you cannot attend a scheduled appointment. **To avoid our missed visit fee, call our office during business hours - at least 24 hours in advance for any illness, appointment changes, or cancellations.**
- Patients who have multiple same-day cancellations or no-shows will be removed from the schedule. We will also notify your physician of your non-compliance.
- If you are a patient with workman's compensation insurance, we are required to notify your claims adjuster if you cancel or no-show.

I have read this policy and by signing below I am indicating that I understand this policy.

Patient Signature

Date

We look forward to working with you to meet your physical therapy goals!