

## Here's What You Will Find At Texas Physical Therapy Specialists

### High Patient Loyalty

At TexPTS, we pride ourselves in getting to know you as a patient. You will be hard-pressed to find any other health care provider with better service. According to ongoing surveys, 99% of our patients say that they would return to TexPTS if they ever needed to see a physical therapist again in the future.

### Specialized Care

TexPTS has more board-specialized specialists than any other provider in Texas.

We are specialized in:

- Orthopaedics
- Hand Therapy
- Clinical Electrophysiology (EMG & NCV)
- Strength Conditioning & Sports Medicine

### Consistent Care

TexPTS prides itself on having similarly well-trained physical therapists who deliver standardized care according to the current best research. Regardless of the clinic you attend, you will get the same excellent care with the same outstanding customer service. Simply, when you come to TexPTS, you know what you're going to get!

### Dedication To Service

- All patients are seen within 24 hours of referral
- You will see the same physical therapist each visit to ensure the best care
- We send timely reports to your physician so they may know your progress
- We accept all major insurance carriers... Medicare, Blue Cross, Workers Comp and many more

[www.TexPTS.com](http://www.TexPTS.com)

## OUR CLINIC LOCATIONS

- ❑ 1305 Wonder World Drive, Suite 100  
San Marcos, Texas 78666  
Phone: (512) 878-2835  
Fax: (512) 878-2858
- ❑ 2550 Hunter Road, Suite 104  
San Marcos, Texas 78666  
Phone: (512) 396-5122  
Fax: (512) 396-5123
- ❑ 8335 Agora Parkway, Suite 100  
Selma Texas 78154  
Phone: (210) 658-8483  
Fax: (210) 658-0828
- ❑ 1324 Common Street, Suite 307  
New Braunfels, Texas 78130  
Phone: (830) 625-7310  
Fax: (830) 625-3228
- ❑ 184 Creekside Park, Suite 200  
Spring Branch, Texas 78070  
Phone: (830) 980-4565  
Fax: (830) 980-4586
- ❑ 1218 Arion Parkway, Suite 122  
San Antonio, TX 78216  
Phone: (210) 447-9550  
Fax: (210) 447-9552
- ❑ 3453 N. IH 35, Suite 211  
San Antonio, TX 78219  
Phone: (210) 228-0215  
Fax: (210) 228-0223

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Appointment Date

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Time



## WHAT CAN MY PHYSICAL THERAPIST DO FOR ME?

TEXAS PHYSICAL THERAPY SPECIALISTS



NEWEST RESEARCH.

FEWER VISITS.

BEST RESULTS.™

# Your Road to Recovery...

## What Happens In A Physical Therapy Session?

Your physical therapist is an expert in the non-surgical treatment of musculoskeletal conditions and can help you recover the use of joints and muscles through manual physical therapy (i.e., mobilization/manipulation), active supervised exercise, and education. Your TexPTS physical therapist will help reduce your pain, promote healing, and restore strength, function and movement so you can return to normal activity as quickly as possible! A typical treatment lasts about 1 hour. The number of sessions you will attend depend on your condition and its severity.



### What Can I Expect At My First Appointment?

It would be helpful for you to bring the following information to your initial appointment.

- Your prescription and any notes from your doctor
- Any x-rays or other test results provided by your doctor
- Braces or prosthesis (if applicable)
- Insurance cards or provide worker's compensation information
- Arrive 15 minutes early to fill out a questionnaire about your condition
- Wear loose-fitting, comfortable clothing... Loose-fitting shorts are recommended if therapy involves your legs.

Working together, we will establish your individual goals for therapy and help you to return to normal activity as quickly as possible.



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### Who Benefits From Seeing A Physical Therapist?

We help people seeking pain relief due to accidents (fall, auto or work), arthritis, surgery, athletic injuries, strains, or general poor conditioning. Employing evidence-based non-surgical treatment interventions, our physical therapists can treat:

- Acute/chronic neck or back pain
- Neck or lumbar strains/sprains
- Shoulder or knee pain
- Degenerative disk and joint disease of the spine (including osteoporosis)
- Spinal disk problems
- Myofascial pain of the back or neck
- Chronic headaches
- Post-surgical rehabilitation
- Everyone who wants to be more fit, stronger and healthier

### Your Physical Therapist And Your Physician: Partners In Your Recovery

By working together with your regular physician, by utilizing the best evidence available, and by providing you with individualized treatment, TexPTS physical therapists are committed to providing you with the best care and customer service. We communicate frequently with your physician, providing copies of your evaluation, progress reports, and discharge summary.