



PHYSICAL THERAPY

DETAILED PRICE LIST

PHYSICAL THERAPY

NOTE: All physical therapy services include consultation, screening, Graston Technique®, massage, education, therapeutic exercise prescription/instruction, & strength aids as prescribed for no additional fee.

- **Initial Evaluation** (1st visit, 60-120 minutes): Includes consultation, goal setting, clinical tests & measures, and initial home exercise / self-care prescription. \$120
- **Follow Up Visits** (2nd visit and onward, ~45 minutes): Includes consultation, goal and home exercise / self-care review & progression, and manual therapy as needed. \$90
- **Quick Check-In** (2+ visits and onward, 30-minute maximum): Includes consultation and review and/or progression of home exercise / self-care instruction. For highly independent / motivated clients only, requires therapist approval to book. \$60

Treatment plans must be developed on a patient-by-patient basis and evolve over time according to patient needs. Most patients will not require visits more than once per week unless they require Graston Technique® or massage services. These visits will be charged at normal wellness rates or per PT policies, whichever is less. Many will complete treatment within 2-5 visits. Any patient that does not improve after four weeks of compliance to a treatment plan will be re-evaluated at no additional charge or referred per patient preference. No patient should expect to remain in ongoing treatment for more than 3 months unless they choose to book ongoing wellness services.

PATIENT PT MEMBERSHIP

After graduation from any physical therapy plan of care, patients are eligible to become *Patient PT Members*, wherein they are entitled to one 60-minute visit per month for health & wellness consultation, training, massage, or two Graston Technique® treatments, along with discounts on elective services that may be added at any time, for a fee of \$80 per month. Memberships are offered as a minimum duration of six months and require prepayment or autopay authorization. Unused visits may be redeemed as transferrable gift certificates with no cash redemption value.

SELF-CARE ITEMS

These items include printed instructions for safe use at home & are free if prescribed as part of a physical therapy plan of care.

- Ball Sock: \$4
- Spine Noodle: \$2
- Tennis Ball (flat): \$1
- 1-pound Bag Weight: \$2
- Rice Sock: \$2
- TheraBand: \$5 (<=5 feet)



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MASSAGE THERAPY

Therapeutic massage services blend Swedish and deep tissue therapies for a massage experience that is both deeply relaxing and effective for short-term pain relief. Our massage therapist is a dual-licensed Doctor of Physical Therapy, so you can take your healing to the next level without missing a beat.

- 30 Minutes: \$60
- 45 Minutes: \$75
- 60 Minutes: \$90 (*\$80 for members*)
- 75 Minutes: \$120 (*\$100 for members*)
- 90 Minutes: \$150 (*\$125 for members*)

GRASTON TECHNIQUE®

- **Screening & Treatment (25-40 minutes):** Includes treatment, follow-up recommendations, and post-treatment instructions \$60
- **Follow-up Treatments (15-20 minutes):** Some restrictions can be released in a single session and do not recur. Follow-up treatment is often recommended for long-term restrictions or pain issues, some of which may require treatment 2-3 times a week for up to six weeks \$45
- **Add-on Additional Areas for Treatment - (+15 minutes)** The patient may select up to two additional areas for treatment. \$30 (per treatment area)

HEALTH & WELLNESS TRAINING

Understand and manage chronic health concerns: balance, pain, posture, ergonomics

Discuss your wellness concerns with a trained professional: training programs, lifting mechanics, and recreational limitations like exercise-induced pain. Includes exercise instruction and manual therapy (massage or Graston Technique® therapy) as deemed necessary by the therapist.

- 30-minute education session: \$60 (*\$50 for members*)
- 45-minute education session: \$90 (*\$80 for members*)
- 60-minute education session: \$120 (*\$100 for members*)

CONSULTATION & SCREENING

Need some help? Not sure which service you'd like to book? Had a recent change, and just want to make sure it's not a big deal? Need a knowledgeable opinion about a health question? Take advantage of our low-cost screening & consultation services.

- 30-minute consultation: \$50 (*\$40 for members*)
- 45-minute consultation: \$75 (*\$65 for members*)
- 60-minute consultation: \$100 (*\$90 for members*)

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