

DETAILED PRICE LIST

PHYSICAL THERAPY

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

- **Initial Evaluation** (*1st visit, 90-120 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**

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, however pain is unique to everyone and many may require longer supervision. No patient should expect to remain in ongoing treatment for more than 6 months unless they choose to book ongoing wellness services.

PRE-PAY & SAVE: Pay for four visits in advance and receive \$10 off per session!

- **New Plan of Care:** (*Regular cost \$390*) Includes evaluation and three follow up visits for new clients. **\$350**
- **Continuing Care:** (*Regular cost \$360*) Includes four follow-up visits for clients who have already established care. **\$320**

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. Dr. Clark is a dual-licensed Doctor of Physical Therapy, so you can take your healing to the next level without missing a beat.

- 30 Minutes: \$75
- 45 Minutes: \$90
- 60 Minutes: \$105
- 75 Minutes: \$135
- 90 Minutes: \$165

GRASTON TECHNIQUE®

Graston Technique® is a deep-tissue technique in which stainless steel instruments are used to target specific restrictions including trigger points and scar tissue.

- **Screening & Treatment** (*45 minutes*): Includes treatment, follow-up recommendations, and post-treatment instructions. **\$75**
- **Follow-up Treatments** (*20-30 minutes*): Some restrictions can be released in a single session and do not recur. Follow-up treatment is often recommended for longer-term restrictions or pain issues, some of which may require treatment 2-3 times a week for up to six weeks. **\$60**

	Service	Minutes	Price	Description
Massage Therapy All massage is blended swedish & deep tissue style.	Targeted Massage	30	\$75.00	Suitable for massage of one area, i.e. shoulders / upper back / hands & wrists / feet
	Wellness Massage	45	\$90.00	Suitable for full-body wellness massage or intensive treatment in a painful or long-term problem area
	Therapeutic Full Body Massage	60	\$105.00	Popular for full-body massage sessions, and allows time for targeted treatment
	Extended Therapeutic Full Body Massage	75	\$135.00	Full body massage including targeted deep tissue treatment of problem areas, allows more time for taller people
Graston Targeted deep-tissue therapy performed with the aid of die-cast stainless steel instruments	Luxury Therapeutic Full Body Massage	90	\$165.00	Full body massage including deep tissue treatment of problem areas as needed, allows ample time for people of all sizes
	First visit	45	\$75.00	Screening & treatment, one area
	Follow Up Visits	30	\$60.00	Treatment only (after initial screening visit)
	Add-On Treatment Area	15	\$30.00	Add-on additional treatment area (ex: treat both legs, both shoulders, etc)
Physical Therapy Skilled evaluation with a science and systems approach. Includes all needed hands-on treatments, home exercise prescription, and expert advice every step of the way	Evaluation visit	90-120	\$120.00	Full service evaluation & home exercise prescription
	Follow Up Visit	45-60	\$90.00	Continue consultation and manual treatments, progress home exercise
	Pre-Pay Packages		\$320-350	Get \$10 off per visit by pre-paying in packages of four sessions
	House Call Fees		\$50.00	Patient PT offers house calls on a limited basis for a fee of \$50 per visit, plus mileage for those 20+ miles from the Patient PT clinic.
Wellness Care Open-ended wellness care for folks on a long-term health journey, athletes, persistent pain.	Small Business Owners: Doc Block	120	\$300.00	Offered to small businesses, especially those unable to offer traditional medical benefits. Two-hour blocks of time to provide basic healthcare services to up to six employees per two-hour block. Available onsite for
	Evaluation visit	90-120	\$120.00	Full service evaluation, wellness education, & home exercise or training recommendations.
	Follow Up Visit	45-60	\$90.00	Continuing wellness care visits to hone home exercise prescription,
	Consultation & Speaking			Dr. Clark offers healthcare navigation, wellness education, patient advocacy, community organizing, and public speaking services on a limited basis. Rates by request.