



Western
Pennsylvania
Sports Medicine &
Rehabilitation Clinic Inc.

Effective Therapy from Experienced Professionals



5 Locations to Serve You!

Berlin: 814.267.4393

Ebensburg: 814.472.9070

Richland: 814.269.9606

Somerset: 814.445.7727

Westmont: 814.255.6814

Choose Life, Choose Physical Therapy



Did you know that **YOU** have the right to **CHOOSE** your physical therapist? When you get a physical therapy referral from your physician, you can visit any provider you like. It's common for the physician's office to recommend a provider if the office is familiar with or has can either visit the provider recommended by your physician, or any other provider that you feel comfortable with.

Did you know?

- Pennsylvania allows the patient to see a physical therapist without a physician's referral. If you don't know whether you need a referral, don't worry. Just call our office and we'll get the answer for you.
- Some insurance policies may require a visit to your primary care physician before attending physical therapy or may require you to use 'preferred providers' only. This is also something we can check on for you when you give us a call.
- Your physician may advise you to visit their own preferred physical therapy facility or one that is run by a large hospital. You can do so, or research and use an independent physical therapist in private practice - the choice is yours.
- You are not obligated to go to any particular physical therapy office/clinic; even if your surgeon or physician suggests that office.
- The American Physical Therapy Association (APTA) requires members to abide by the Association's Code of Ethics. This ensures that they are committed to providing competent and compassionate care.

Choosing The Right Physical Therapist For You

As a consumer, you have the opportunity to research your physical therapy provider before you make a decision. After all, you want to feel comfortable with your decision. Here are a few guidelines to keep in mind when choosing your physical therapist:

- Any physical therapist you choose should be licensed by the state he/she is practicing in. Physical therapist assistants (PTAs) should always be supervised by a licensed physical therapist.
- Make sure the clinic participates with your specific insurance company and plan. Ask them and they will find out for you. There are times when you may find a physical therapist who specializes in a skill that is related to your particular needs or condition that may not participate with your insurance. To ensure that your needs are best met, you may consider paying out of pocket for these specialized skills.

SPOTLIGHT



Maggie M. Kist, DPT

DPT: Gannon University

BS: Health Science with a minor in psychology, Lock Haven University

Member: American Physical Therapy Association

Certified: Graston Technique

As a doctor of Physical Therapy, I am experienced in treatment of a very wide variety of orthopedic and neurological conditions. I specialize in acute injuries, post-surgery, sports related injuries, and vestibular/vertigo conditions. I am also certified in the Graston Technique which is an effective procedure for the treatment of a wide variety of soft tissue injuries such as plantar fasciitis, achilles tendonitis, shoulder, back and neck pain.

CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

927 Menoher Blvd.
Johnstown, PA 15905
814.255.6814
Fax: 814.255.7963

Our Many Specialty Areas Deliver Outstanding Therapy Solutions.

- Graston Technique®
Treats Scars, Adhesions and Muscle Injuries
- Initial Injury Evaluation
- Sports Injury Rehab
- Balance Therapy
- Orthopedic Physical Therapy
- Industrial Rehabilitation
- Neurological Rehab
- Foot & Ankle Therapy
- Hand Therapy
- Pre and Post-surgical Orthopedic Rehab
- Sports Performance Enhancement Programs
- Silver Sneakers Program

Call today to schedule in one of our 5 convenient locations.

- Find out if your physical therapy clinic submits insurance claims on your behalf. If not, then you will have to submit your own claims.
- Your insurance company should be able to verify how many visits they allot for your particular problem and be able to tell you what your co-pay is. In most cases, the physical therapy clinic can also verify this information for you. You should also ask whether you have met your insurance deductible amount.
- Ask the physical therapist's clinic to help you determine what you will be responsible for financially.

First Visit – What To Expect

Your first visit to your physical therapist office will include a detailed initial evaluation. This evaluation will help the therapist to identify your problems using special testing procedures.

Once your physical therapist has evaluated your condition, they will be able to design a plan of care that specifically meets your needs. If you have certain concerns or goals, make them known at this time so your therapist understands what you are expecting from your visits.

As a part of the program design, expect a treatment timeline with realistic goals. This timeline may be changed as you progress, depending on how well your body responds to treatment.

Along with regular visits to your therapist's clinic, you will most likely receive a home exercise plan (HEP) in which you will be given specific exercises to do at home in between your regular office visits. This will help facilitate faster recovery, so stick with the program at home!

Always speak openly with your therapist if you have any concerns or limitations. As your physical therapists, we will work with you closely and help you recover as quickly as possible. We hope to get the opportunity to work with you.



Western Pa Sports Medicine & Rehab Offers



FREE

Transportation Services For Our Patients!

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