

## FREQUENTLY ASKED QUESTIONS

### **What happens at my First Appointment?**

A Full assessment will be carried out. A diagnosis will be established and a discussion had as to whether/how Physiotherapy will help. Treatment options, expectations and goals will also be discussed and advice given. If required, onward referrals can be made.

### **Do I need to see my GP before making an appointment?**

No, it is not necessary. You can refer yourself for Physiotherapy. Alternatively, we take referrals from GP's, Hospital Consultants, other Health Professionals and most Private Health Insurance Companies.

### **Is there a waiting list for treatment?**

No. We can usually see you within 2 working days. Sometimes same day appointments are available.

### **Why should I see a Private Physiotherapist?**

Immediate convenient appointments are usually available to suit your busy schedule. Early diagnosis and regular treatment supports a quicker, fuller recovery. Longer treatment sessions enables us to provide you with more treatment over a shorter period of time.

### **Will you be able to tell me what my problem is?**

Yes, following your initial treatment a clinical diagnosis will be given.

### **May I be accompanied during treatment?**

Yes, you are very welcome to bring someone with you to your appointment.

### **What should I wear?**

Loose comfortable clothing is suitable and for lower back, hip and leg problems, a pair of shorts is ideal.

### **How many treatments will I need?**

Following your initial assessment, we will discuss with you what the anticipated number of treatments is likely to be. When you attend each follow up session you will be reassessed and if your progress plateaus out or improves quicker than we anticipated then we will discuss with you what alterations are required to your treatment plan.

**By what methods do you accept payment?**

Credit/Debit Card, Cash or Cheque

**Will my Private Health Insurance Company pay?**

Patients will often use their Health Insurance to pay for Physiotherapy. We can directly invoice most Private Health Insurance Companies. If there is an excess to pay, you will be required to pay for your treatment up until your excess has been reached.