

Initial Physical Therapy Visit

Prior to your appointment, please visit the South Texas Bone & Joint Physical Therapy and Rehabilitation website to complete the necessary **intake form** and appropriate **functional measure**. Please **email or print completed forms** to bring to your initial visit.

If you are unsure which forms to complete, please call your staff at STBJ Rehab at 361-854-0811.

What to wear: try to dress as comfortable and casual as you can. **T-shirt, shorts, and tennis shoes** are most appropriate; you can always bring them to change in and out of if necessary. Please avoid tight or formal clothes; the Therapy Team will need a clear assessment of your areas of discomfort and will have you doing activity on your first visit.

On your first visit, the Physical Therapist will perform an examination, evaluation, and treatment. Your initial visit should take **approximately 1 hour**; please make appropriate arraignments so that your Therapy Team can give you the most attention for you time.

Please visit South Texas Bone & Joint Physical Therapy and Rehabilitation website for further details. <http://www.southtexasboneandjoint.com/>

