

Turner Physical Therapy & Scoliosis Center, LLC

Instructions for New Clients Receiving Schroth™ Treatment

1. Prior to your first appointment:

- We recommend that you contact your insurance company to determine if you have coverage for physical therapy intervention, what your co-pay is, and what your allotment of treatment sessions are per year. If you are out-of-network, you will need to determine what steps are required to obtain reimbursement.
- We will need a physician's referral (prescription) with an appropriate medical diagnosis (e.g., scoliosis, adolescent idiopathic scoliosis, kyphosis, lordosis, etc.) and reason for physical therapy treatment. Many insurance companies require referrals, even if out-of-network, for optimal reimbursement.

2. Please bring the following to your first appointment:

- All x-rays
- Scoliosis brace (if currently wearing a brace)
- Water (for hydration during the session)
- 3-ring binder (or folder) to hold photos of exercises, written materials, etc.
- Pen and paper for note taking
- Snack, or plan for meal at local restaurants near the clinic during break

3. Clothing:

- All clients are asked to wear loose fitting shorts that expose your legs, and an elastic waist is preferred
- Females, please wear a bra top (or a bikini top). Please do not wear a sports bra that covers the spine (racer back type). The spine needs to be fully visible.
- Footwear should be athletic and comfortable.

4. Hair

- Long hair will need to be off of the shoulders and/or back to ensure full visibility of neck and upper spine.

5. Payment:

- Payment is expected at the time of service, by credit card, cash, or check.