

Tx:Team Physical Therapy Services

Starting Services

What can Physical Therapy Services do?

Physical Therapy can address symptoms that prevent you from participating in the activities you enjoy, limit your ability to sleep at night, or accomplish everyday tasks. Common diagnoses leading patients to Physical Therapy include:

- pre- and post-operative conditions such as:
rotator cuff repair, knee arthroscopy, hip/knee replacements, spinal surgery
- sprains and strains
- muscle weakness
- tendonitis
- joint pain

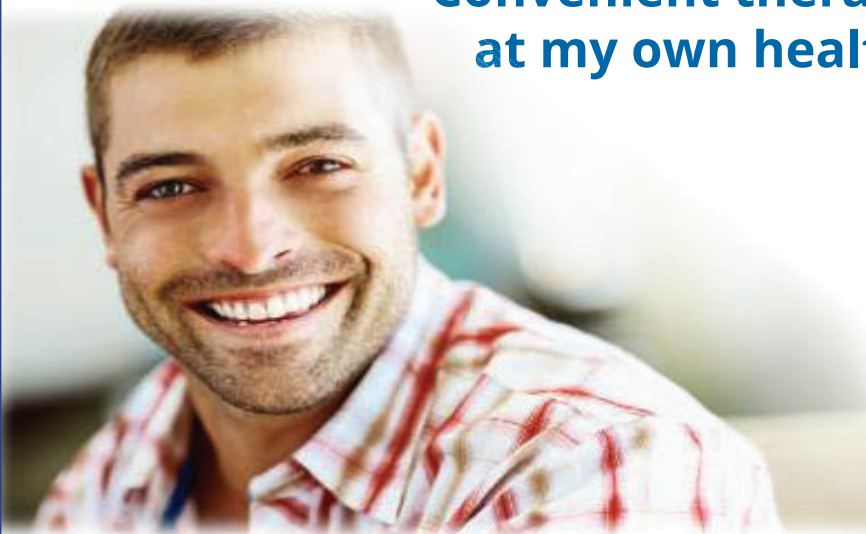
Therapy includes:

- patient education to help you understand your condition
- instruction to help you eliminate or reduce symptoms as well as prevent recurrence
- treatment to restore normal posture and body mechanics
- manual techniques to reduce pain and improve mobility
- exercise recommendations to improve flexibility or increase strength

How to get started with Physical Therapy?

1. With direct access, you can see a physical therapist without a prescription or referral. You can call the clinic and speak to a physical therapist about starting treatment.
2. You can also contact your clinic provider or your own primary care physician for a prescription/referral to physical therapy.
3. Once you are ready to begin therapy, call **317-757-9470** to schedule your Physical Therapy evaluation.
4. Tx:Team will verify your therapy benefit under the State of Indiana health plan and communicate your financial responsibility.

**“Convenient therapy right here
at my own health & wellness center”**



Tx:Teamsm

Working with us is good therapy.sm

**Tx:Team
Physical Therapy Services
State of Indiana
Government Center Clinic
402 West Washington Street
Room W041
Indianapolis, IN 46204**

317-757-9470

Physical Therapy Services are available for State of Indiana employees and their dependents covered by a State of Indiana health plan.

Invest In Your Health