

Tx:Team Physical Therapy Services

Frequently Asked Questions

How would I know if I need Physical Therapy?

If you are experiencing pain or other symptoms that affects your ability to sit, stand, sleep, or move, a physical therapist may be able to help. Common reasons for PT include:

- neck or low back pain
- pre- or post- surgical strengthening
- muscle strains
- injuries from slips, falls, or other trauma
- arthritic or painful joints
- joint sprains
- repetitive motion injuries
- other diagnoses or conditions

Can my entire family access Physical Therapy Services?

Absolutely! Physical Therapy Services are available to all State of Indiana employees and dependents covered by the State of Indiana employee health plan.

Are there additional costs for Physical Therapy?

Tx:Team will verify your therapy benefit under the State of Indiana health plan and communicate your responsibility.

How long does Physical Therapy last?

Physical therapy is scheduled according to the individualized treatment plan recommended by your therapist at your evaluation appointment. Therapy can last as little as 1-2 visits or depending on your specific needs, therapy appointments may be scheduled 1-3 times per week for treatment.

What should I expect in my visit?

Appointments are typically 45-60 minutes in length and continue as long as you make progress toward the goals that you and your therapist established at your evaluation. Your personalized plan of care could include:

- progressive stretching/strengthening
- taping techniques
- instruction in a home exercise program
- manual therapy techniques: joint and soft tissue mobilization
- use of modalities: ultrasound, e-stim, and iontophoresis

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Tx:Teamsm

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