

## Wellness Policy

Wellness: defined as stage 3-4 physical therapy.

These patients are classified as return to function/maintain function with minimal oversight and no longer requiring skilled physical therapy. However, most these patients are not independent enough to continue in a gym facility on their own. They require oversight and program advances through skilled knowledge provided by a licensed Physical Therapist.

To be placed within a wellness program, you must qualify with these parameters:

- You have had either formal physical therapy in the clinic or gone through an evaluation process to qualify/quantify your abilities to participate in the program while creating your initial program.
- You will be scheduled hourly and pay monthly regarding each visit scheduled (refer to wellness scheduling policy).
- You have a therapist of record who is overseeing your program (making changes, altering, or assisting with your care as needed).
- Check in with your therapist to ensure all is well and assist with any changes weekly.

Wellness patient's blood pressure is taken prior to beginning treatment and is monitored for their safety in order to effectively prescribe and alter their program.

Wellness programs are advanced by Exercise Specialist within the parameters set by the treating therapist for each wellness patient and progressed as able/needed per the patient request and Exercise Specialist interpretation of the ease of the exercise. The wellness program is clarified with the therapist as needed.

An Exercise Specialist (ES) is an individual who is completing or has completed a science related and/or pre-graduate track into the medical fields (i.e. Health Science, Applied Physiology and Kinesiology, Health Education, and many others). These individuals are seeking access to a graduate degree in a health profession. They receive on-site rigorous training for nearly a semester and are chosen from our current volunteers. The ES are HIPPA certified and are cleared to access a patient's medical history in order to assist with exercise progression. The ES is trained in form, function, and reason for an exercise allowing them more independence in exercise progression and creation within the parameters set by the licensed therapist with skilled guidance by the licensed therapist.

### **WELLNESS PROGRAM SCHEDULING AND ATTENDANCE POLICIES**

*[www.GainesvillePhysicalTherapy.com](http://www.GainesvillePhysicalTherapy.com)*

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# Gainesville Physical Therapy & Wellness

"Where People Matter and Results Count"

Thank you for enrolling in GPTW's wellness program, designed to continue your therapy needs. To fulfill the purposes of the program and accommodate the needs of all our patients, we have instituted the following policies for scheduling and attending your wellness appointments. Please initial the following:

- \_\_\_\_\_ 1. Appointments must be scheduled and paid for on the first day of the month. The cost of each wellness visit varies with the plan you choose.
- \_\_\_\_\_ 2. Appointments may be transferred to another date and time within the same month **if we are provided notice and we have availability**. If we cannot reschedule, that appointment is considered "used" and is non-refundable.
- \_\_\_\_\_ 3. These visits are non-transferable to the following month. No other cancellation fees apply.
- \_\_\_\_\_ 4. Please be on time to your appointment. Wellness visits are 60 minutes and there are other patients scheduled before and after you.
- \_\_\_\_\_ 5. If you are running late for your appointment, please call us at 352-376-6300 (for staffing purposes).
- \_\_\_\_\_ 6. If you find your exercise routine is taking longer than 60 minutes, your exercise specialist may speak with you about doing some of your exercises at home or alternate what you do on each visit so during the week you will get all your exercises in.
- \_\_\_\_\_ 7. We are glad that you enjoy socializing when you are here with us; however, make sure you **continue to exercise** while you socialize.
- \_\_\_\_\_ 8. If you feel your exercises need to be adjusted for more strengthening or to include other body regions, please bring this up to our staff.
- \_\_\_\_\_ 9. Gainesville PT is not liable for any lost, stolen or damaged personal belongings.

Thank you for your commitment to your health and well-being. We are dedicated to you, and we appreciate your commitment to the wellness program!

\_\_\_\_\_  
Client Printed Name

\_\_\_\_\_  
GPTW Printed Name

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Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
GPTW Signature

\_\_\_\_\_  
Date