

CENTRAL VALLEY Physical Therapy

Welcome to our one hour interactive group taught by one of our dynamic, highly skilled Physical Therapists and Assistants. Questions you might have:

Why has the doctor referred me to a group?

Research shows that for most muscle skeletal problems, such as low back, neck, shoulder and knee pain, if patients get started on a general self- management program, their pain and function improves.

What is the co-payment?

There is no copayment; the group session is covered by your health plan.

What can I expect when I attend the group?

- Overview of anatomy
 - Tips on how to improve your pain and function
 - Special exercises for your conditions
 - Education on posture and basic ergonomics
 - An opportunity to ask questions you might have
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What if I am not improving?

2 weeks after attending the group and following the advice given, you will receive a call or a secure message to ensure you are improving. If you are, great! We can continue with your self-maintenance program if you so choose to. If you are not improving, we will schedule you to see one of our highly qualified physical therapist.

