



PHYSICAL REHAB DEPT

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**WELCOME TO PAINCARE OF SAN DIEGO FOR YOUR PHYSICAL REHABILITATION PROGRAM. HERE ARE SOME ITEMS OF INTEREST TO MAKE YOUR VISITS MORE EFFICIENT AND TO PROGRESS YOU TO YOUR GOALS.**

- 1. WEAR OR BRING LOOSE FITTING COMFORTABLE CLOTHES. IF WE NEED TO EXAMINE AND WORK ON YOUR LOWER EXTREMITIES PLEASE WEAR OR BRING SHORTS. IF WE NEED TO EXAMINE OR WORK ON YOUR SHOULDER PLEASE WEAR OR BRING SLEEVELESS SHIRT.**
- 2. FOR YOUR FIRST VISIT ARRIVE A LITTLE EARLY-APPROXIMATELY 10-15 MINUTES BEFORE YOUR APPOINTMENT TIME DUE TO A THOROUGH HISTORY AND EVALUATION.**
- 3. WHEN COMING TO YOUR TREATMENT TIMES, PLEASE PUT ALL LOOSE ITEMS (CELL PHONES, CHANGE, WALLET, KEYS, ETC) IN THE SMALL BUCKET LOCATED ON THE PHYSICAL REHAB DESK AND CARRY IT WITH YOU TO ALL LOCATIONS OF TREATMENT.**
- 4. PLEASE PUT ALL JACKETS, PURSES, AND/OR OTHER LOOSE ITEMS ON THE SHELF UNDER THE REHAB TABLES.**
- 5. WHEN ENTERING THE PRIVATE TREATMENT ROOMS PLEASE USE HOOKS PROVIDED ON THE WALLS TO HANG JACKETS, PURSES, AND OTHER LOOSE CLOTHING. PLEASE USE THE SHELVES PROVIDED IN THE ROOMS TO PLACE ALL OTHER ITEMS. THESE ARE THERE SO NOTHING IS PLACED ON THE FLOORS FOR YOU TO BEND OVER OR TRIP OVER.**
- 6. MAKING ALL YOUR APPOINTMENTS IS IMPORTANT TO SUCCEED IN YOUR TREATMENT GOALS. WE TAKE CANCELLATIONS AND NO SHOWS SERIOUSLY. IF YOU CANNOT MAKE YOUR APPOINTMENT PLEASE CALL OUR OFFICE WITHIN 24 HOURS AND RESCHEDULE YOUR MISSED APPOINTMENT. THERE WILL BE A \$15.00 CHARGE FOR A CANCELLATION WITHOUT PROPER NOTICE.**

**THANK YOU AGAIN FOR CHOOSING OUR OFFICE FOR YOUR PHYSICAL REHABILITATION NEEDS. IF YOU HAVE ANY FAMILY OR FRIENDS WHO NEED OUR SERVICES PLEASE TAKE AS MANY OF OUR REFERRAL CARDS AS NEEDED. IF YOU HAVE ANY QUESTIONS REGARDING PAYMENT COVERAGES WHETHER INSURANCE COVERAGE, YOUR DEDUCTIBLE, OR SELF PAY, PLEASE CONTACT OUR PATIENT COORDINATOR AND OUR OFFICE WILL ADDRESS ALL QUESTIONS AND COVERAGES FOR YOUR TREATMENTS.**

**SINCERELY, PAINCARE OF SAN DIEGO PHYSICAL REHABILITATION DEPARTMENT**