



PHYSICAL REHAB DEPT

*5348 Carroll Canyon Road, Suite 101
San Diego, CA 92122*

(858) 202-1546 • Fax (858) 202-1548

Welcome to PainCare of San Diego. We thank you for selecting us as your physical rehabilitation program. Here are some items of interest to help you reach your goals.

1. Wear or bring loose-fitting, comfortable clothes. If we need to examine you 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 a sleeveless shirt.
2. For your first visit, please arrive 10-15 minutes early so we have time to take a thorough history and provide a proper evaluation.
3. When coming in for your treatment, please put all loose items like cell phones, wallets and keys into the small bucket located on the PT/Rehab desk and carry it with you to all of your treatment locations throughout the clinic.
4. Please place all jackets, purses and other loose items on the shelf under the rehab tables.
5. When entering the private treatment rooms, please use the hooks provided on the walls to hang your jackets, purses and other loose clothing. Shelves in those rooms can be used for other items. Do not place any items on the floor since these will pose a tripping hazard.
6. Please ensure that you show up for all of your scheduled appointments. This is important for success in meeting your treatment goals. We take cancellations and no-shows seriously. If you cannot make your appointment, please call our office at least 24 hours beforehand to reschedule.

THERE WILL BE A CHARGE FOR A CANCELLATION WITHOUT PROPER NOTICE.

Thank you again for choosing Pain Care of San Diego for your physical rehab needs. Please feel free to share our referral cards with friends and family in need of care.

If you have any questions regarding payment, insurance coverage, your deductible or self-pay, please contact our patient coordinator at 858.202.1546 who will be happy to assist you.

Sincerely,

Your PainCare Rehab Team