



Next Step Newsletter

Next Step
Physical Therapy
(516) 681-8070

July, 2010

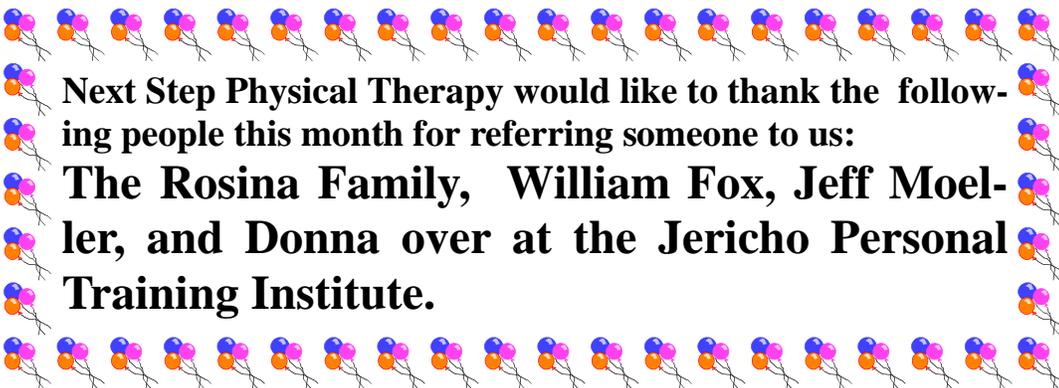
Giving you information and answers to any physical therapy, health or fitness related questions

Direct Access: A Growing Trend

What is Direct Access? Direct Access is the ability for you to be able to see a physical therapist without first seeing your doctor. If you didn't know, you can do that (New York State passed that bill a few years ago). What's the big deal with Direct Access?

The big deal is that it saves you a lot of time and money. To understand this idea let's create an example: It's Saturday afternoon and you just finished doing some yard work when you realize that your shoulder is really hurting you from trimming all of those trees. You do what everyone does and utilize the old hope and pray method. You wait a week, and take several Advils but the pain is persisting. You call your family doctor. He can see you in 3-4 days, so you wait some more. You see your doctor and he listens to your problem and decides to send you to an orthopedist. You race home and call right away. You get an appointment sometime next week. You do some more waiting. You see the orthopedic, and after taking an x-ray, he/she recommends physical therapy. You say "I have a great physical therapist I know", so you get home and call me over at Next Step Physical Therapy. The next day you take your first step towards getting better. How long did you have to wait? How much money did you spend in co-pays or deductibles? Can you see how calling us first can cut almost 2 weeks of time suffering and 2 less co-pays.

But what if I'm not comfortable seeing you first—what if something is really wrong? Great question. It's my job as a physical therapist to be able to evaluate you and determine if you need to see another doctor. We do it all the time and we have such a good relationship with many of the local doctors that we can call for you to get you an appointment (probably sooner than you could get one for yourself). What we can also do is begin treatment immediately so that you are already getting better while you are waiting to see the orthopedist. This coordination of care only gets you better quicker so the next time you have muscle or joint pain, don't hesitate—call us and come in for an evaluation.



Next Step Physical Therapy would like to thank the following people this month for referring someone to us:

The Rosina Family, William Fox, Jeff Moeller, and Donna over at the Jericho Personal Training Institute.

QUESTION of the Month:

F.P. asks... What about insurances paying for direct access??

Great Question! Almost all insurances have changed their rules to match New York State. Most will pay for direct access. As a rule, we qualify all insurances prior to you coming in so we will know for a fact if they allow direct access. All you have to do is call us and give us your information and we can find out even before you schedule your appointment.

Updates

Welcome to the Next Step Newsletter!

Win a pair of movie tickets!!

The first 2 people to call us with the answer to this question wins a pair of movie tickets.

What is direct access????

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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