

Austin Physical Therapy, PLLC

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THANK YOU FOR CHOOSING AUSTIN PHYSICAL THERAPY

We at Austin Physical Therapy intend to help you to optimize your recovery.

- We will be instructing you in a home exercise program. Please do these exercises every day as directed. Unless your therapist gives you specific guidelines for how many to do: generally you will start with approximately 10 repetitions of an exercise and gradually build up to 2-3 sets of 10. Do not increase your repetitions too quickly unless you are advised by the physical therapist to do so.
- You may use your exercise log sheet as your guideline for number of repetitions and how much resistance or weight to use. If you have been doing the same amount for several weeks, ask your therapist about progressing.
- If you have sharp pain with any exercise, either at home or during your physical therapy visit, discuss this with your physical therapist. You will learn the difference between pain and the muscle working hard.
- Responses to physical therapy treatments can vary for each person and at each stage of their recovery. Consider keeping notes about how you feel after a therapy session or after you exercise at home so that your therapist can more accurately advise you and adjust the treatment at your next appointment.
- Please wear (or bring in) appropriate clothing for your therapy session. Please wear sneakers and exercise clothing: for example, a tank top is preferred for a shoulder or neck injury, shorts for a knee or hip injury. Please – no jeans or sandals.
- We hope you have an enjoyable experience. Do not hesitate to share any concerns you have regarding your therapy.

Thank you,

The Austin Physical Therapy Staff