

*"We look forward to the opportunity to serve you."*



1620 Hwy 11 N Suite C  
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### **IMPORTANT INFORMATION REGARDING YOUR TREATMENT**

Here at Southern PT we pride ourselves on the quality of care that we administer to our patients as well as our therapist's ability to diagnose and treat patients in a timely manner. Our therapists diligently decide the course of treatment for each patient because they know that no two patients are alike. With this, they are able to determine what will help you get better in the fastest amount of time.

1. Research shows that arriving 2-3 times per week during your course of treatment increases your percentage of improvement to 90%-95%. Showing just 1-2 times per week lowers the percentage down to 65%. Your consistency is absolutely vital to our success together.

2-3x / week:		Greatest percentage of improvement (90% - 95%)
1-2x / week:		Lower percentage of improvement (~ 65%)
0-1x / week:		Minimal percentage of improvement (> 25%)

2. Physical Therapy is progressive. Do not expect to feel 80%-100% better in the first 1-2 weeks. Generally, if you have had a condition for more than 2 months, it may take more time.
3. Scheduling out all of your appointment ahead of time is vital. Many of our patients want specific times and we can not give preference to one patient over another.
4. Arrive to your therapy on time and ready to go. Without movement the body gradually loses its ability to move due to progression of pain, weakness, and dysfunction. Without movement, surgery, increased medication dosages, and additional medical conditions tend to arise. Your body is your primary investment. DO your home exercise program!
5. **"I do not want to see a different therapist."** Our therapists are exceptionally trained and you may be surprised by a new set of hands and/or eyes.

#### ***"I'm not getting better and it has been 6 weeks."***

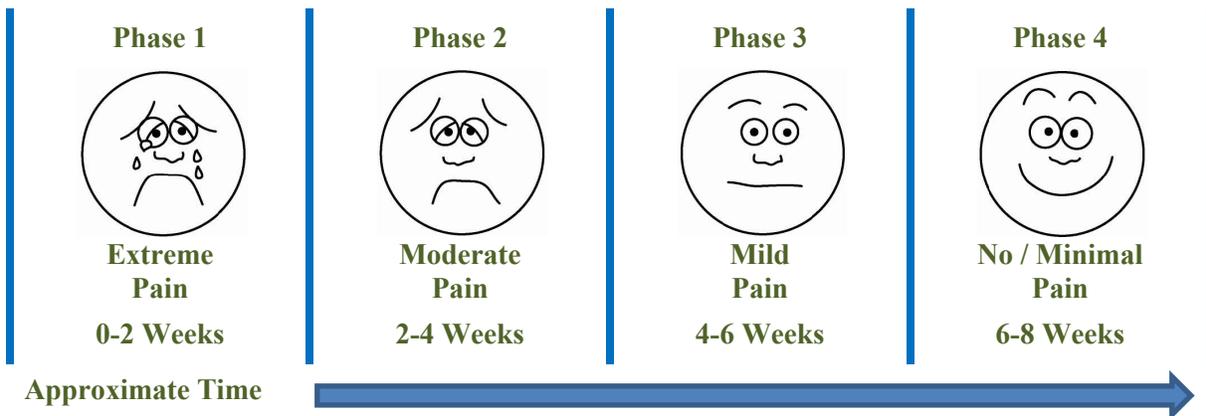
Our concern is your health. Unfortunately, due to prior medical conditions, surgery, environmental factors, chronic pain/dysfunction for over 2 months, multiple areas of dysfunction etc., there are times where patients do not progress as expected. Please bring this issue to your therapist. Our team can assist you in managing your issues or concerns. Furthermore, the owner Dr. Adam Robin, PT, DPT can be called on his cellular phone (601)-569-4492 if there is a matter that is not resolved. We are very concerned about making sure that your progress is sustained as we can not guarantee outcomes. Muscle strength and management takes 3-6 weeks to change permanently and requires persistence and dedication on both the therapist and patient. Quitting without saying anything and without asking for further assistance is not acceptable. We want to help, please let us know.

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### Progression of Your Care



### Southern PT Recovery

Our program is designed for you. It is important for you to fully complete the program in order for your recover to be successful and timely. Additional exercises that the therapist assigns should be maintained and completed at home. Throughout your therapy program there are several phases to look forward to during your road to a successful recovery.

- **Phase 1: Pain Management** – Initially, our program aims to decrease your pain so that progressing into later phases of the program is easier and less stressful.
- **Phase 2: Range of Motion & Flexibility** – After managing your pain, the next step is to increase your flexibility so that you are capable of completing future exercises to improve endurance. Patients completing this phase have a 50% recovery rate.
- **Phase 3: Specific Exercise Prescription** – Do not expect to progress on your own. Our program eases you into a routine to strengthen your problem area. Patients completing this phase have an 80% recovery rate. Without strength there is no permanent gain. Strength is king!!
- **Phase 4: Functional Endurance Management** – This phase is where our program comes to a complete circle. You are cable of performing close to or even better than you have in the past. Patients completing this phase have a 90% - 100% recovery rate. Completing phase 4 is extremely important. Since this is close to the end of your treatment, you will likely be feeling little to no pain. It is not a good idea to just stop coming in because you feel that you have had enough therapy. Both you and the therapist have worked hard to get to this point, therefore deciding not to finish the complete treatment cycle can lead to regression of your results. On your last visit, the therapist will assess your final results which will be sent to your doctor for review. Your therapist will also help you develop a personalized home exercise program for you so that you can maintain those results you have achieved in therapy.