

Frequently Asked Questions

Do I need a referral from my primary doctor for physical therapy, massage therapy or chiropractic care?

You can see a physical therapist without a doctor's referral in Colorado. (One exception to this is Medicare, which requires a doctor's referral.) A chiropractor is considered a primary physician in Colorado. Please call our office and let our office manager help you understand your specific insurance's requirements.

What happens during my first visit?

You should plan to arrive approximately 15 minutes early for your first appointment in order to complete your initial paperwork. Your first visit consists of initial evaluations that will last 45 minutes to one hour. During your first visit, your therapist will ask you many questions to gather a thorough medical history and perform an in-depth physical evaluation. This ensures that our therapists have all of the information needed to design the most effective treatment plan for your specific injury.

What should I bring to my appointment?

Wear or bring loose-fitting, comfortable clothes. If we will need to examine your lower extremities, you should wear or bring shorts. If we need to examine your shoulder, please bring or wear a sleeveless shirt. Also, please make sure to bring any doctor's prescriptions or instructions; any documentation of prior visits to other clinics, X-ray or MRI results; insurance cards; and your driver's license.

How long will it take to recover from my injury?

Every injury is different, so it is difficult to say. Our therapists are dedicated to doing everything necessary to get you back to your pre-injury condition as soon as possible. Following your first visit, your therapist will explain your treatment plan to you and make sure that your referring doctor is kept up-to-date about your treatment plan and progress.

What are my payment options?

Most health insurances will cover physical therapy. Each visit will usually require a co-payment or deductible with co-insurance. Colorado Injury Treatment Center accepts most major insurances, Workers' Compensation and Med-pay. We work closely with many companies who finance medical treatment. We also accept cash and credit cards for out-of-pocket expenses, co-payments and co-insurance payments. For a complete list of all insurances and medical

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financing companies that we accept, please visit our insurances page or call our office and let our staff help you understand your insurance benefits.

How do I know if I should see a massage therapist, a physical therapist or a chiropractor?

If you are referred by a doctor, he or she will typically refer you specifically for physical therapy, massage therapy or chiropractic. If you come to us without seeing a primary care physician first, one of our physical therapists or chiropractors will help you determine who you should see. One of the advantages we have at Colorado Injury Treatment Center is that we can typically accelerate your treatment by utilizing a combination of therapies without you having to visit multiple clinics.

What is a physical therapist?

A physical therapist is a licensed healthcare professional who specializes in problems related to physical movement stemming from injuries to muscles, joints, ligaments or tendons. Physical therapists work to restore function, decrease pain and restore patients to their previous level of physical functioning. A physical therapist will have completed a Master's degree or doctorate-level coursework from an accredited school.

What is a massage therapist?

A massage therapist is a licensed healthcare professional specializing in manipulating muscles in order to relieve muscle pain, tightness and dysfunction. Massage therapists use many different types of massage techniques to relieve your symptoms.

What is a chiropractor?

A chiropractor is a healthcare professional who is trained to treat and prevent neuromuscular disorders. A chiropractor typically uses manual techniques to manipulate the spine, joints and other soft tissues. A chiropractor must complete at least 4 years of post-graduate professional study and pass board certification.

What is Active Release Technique?

Active Release Technique, or ART, is a movement-based form of massage therapy that treats muscle tightness and pain, ligament and tendon problems and a number of other musculoskeletal injuries. Many of the types of injuries for which ART is effective are overuse types of injuries, which are common in athletes and workers who perform repetitive tasks.

What is Trigger-Point Dry Needling?

Dry needling is a form of manual therapy in which very small needles are inserted into a muscle's trigger point in order to relieve muscle tightness, pain and dysfunction. Due to their extremely small size, the needles generally cause no pain. Be aware that you may feel a deep ache in the muscle or surrounding area. You may have muscle soreness for up to a day after your treatment.

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What diagnoses can be helped with physical therapy?

Physical therapists typically treat injuries related to muscles, tendons, ligaments, joints and other musculoskeletal injuries. These can include but are not limited to sprains, strains, muscle soreness, muscle weakness, headaches and more.

How often do I need to come to the clinic for therapy?

Your therapist will let you know how often you will need to have therapy. Every injury is different, so you may need to come in multiple times per week or only once in awhile.

How long is a therapy session?

Initial evaluations are typically 45 minutes to one hour, and follow-up visits are 30 minutes.

Is it alright to request a specific therapist or gender?

Absolutely! We will do everything we can to make your visit comfortable and accommodate any special requests you may have.

What should I do after my visit?

Make sure you schedule your next visit if your therapist indicates that another visit is necessary. If your therapist prescribed any sort of home-exercise program, be sure to follow through with it. Follow your therapist's guidance about resting your injury.

How can I schedule an appointment?

Simply call (303) 745-0803 to schedule your appointment. Our staff will be happy to assist you!

Are same-day appointments available?

Yes, same-day appointments are available, if we have a therapist with an opening. We try to schedule your appointment as soon as possible after receiving your call. We have early morning and evening appointments available.

If you have a question you don't see answered here, we're still happy to answer it. Just call Colorado Injury Treatment Center at (303) 745-0803.

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