

Frequently Asked Questions

Do I need a referral for physical therapy? No. Wisconsin law says you don't need a referral for physical therapy. However, some insurance companies require it. Check with your insurance plan – or have our insurance specialist check for you. Also, if you ask your physician for a referral, let them know that we will send them our evaluation of your physical therapy findings. This includes your assessment and plan of care.

Can I choose where I go for physical therapy? Yes. You can go to any physical therapist you choose. It does not have to be one associated with a particular clinic or hospital, or one suggested by your physician. You have the right to choose your physical therapist. (Our insurance specialist can check to see if we are in your insurance plan.)

What if I don't have insurance? Discounted rates are available if patients are willing to pay on the date of service. This offers savings to both you and us, by reducing the amount of time and effort it takes us to bill for services and collect from insurance companies.

What should I bring to my first visit? Bring comfortable, loose-fitting clothing to wear during therapy. Also bring a referral slip from your doctor if you have one, your medical insurance card, and a copy of your medication list. If you are coming as a result of an accident, bring your accident claim numbers or worker's compensation claim number.

How do you decide what kind of treatment I need? The type of treatment administered is based on a full assessment of the patient's physical limitations, along with the goals of the patient. In some cases, additional treatment methods are introduced as the person progresses.

In what ways do you communicate with my physician? We will send them our evaluation of your physical therapy findings. This includes our assessment, treatment plan, and projected outcome. If questions arise during your care and it seems apparent your physician's input would be of benefit, we will contact them. Once therapy has ended, your physician will be sent a full report on your progress.

How long will I need to go to physical therapy? It depends on the severity of your issue, the goals you have set for yourself, and your body's response to the therapy you receive. Some people progress faster than others based on these and many other factors.

What type of therapies or techniques do you use? We use treatments specific to your needs. These may include dry needling, electrical stimulation, ultrasound, iontophoresis, phonophoresis, stretching, soft tissue mobilization, joint manipulation, Graston technique, trigger-point therapy, strain-counter-strain, progressive resistive exercise, traction, balance training, ergonomic consultations and more. Our goal is to use the best combination of techniques to return you to your desired level of activity.

How is your practice different from other nearby physical therapy practices? We are a smaller physical therapy center with a highly skilled physical therapist dedicated to your care—Shane Bauer. At a larger facility, it is typical for patients to be shuffled from one therapist to another and, as a result, your care might not be seamlessly coordinated. That can't happen here. With Shane Bauer, you get the personal and undivided attention of one expert who oversees your progress session after session.