For Patients

Frequently Asked Questions

Do I need a referral from my doctor to take advantage of the services at Fremont Physical Therapy clinics?

No. You are welcome to seek help from our therapists without a referral, although many of our patients do come through a physician referral. A physician's order will be requested.

Do you accept health insurance?

When treatments are covered by a patient's insurance plan, we will provide a courtesy billing directly to the insurance provider. When that is not possible, we accept all major credit cards.

How many times should I anticipate coming in a week (on average)?

There is no measured recipe for the treatment of pain and injuries. Each case is unique. At Fremont Therapy Group, our goal is to reduce your pain, restore your functionality, and help you return to your previous level of activity as quickly as possible. Your program will be tailored to fit your individual needs, personality and budget.

What should I expect from my first appointment?

Your first visit to Fremont Therapy Group will start with an extensive assessment of your injuries or condition, your movement capabilities and your functionality. Our licensed physical and/or occupational therapy professionals will then discuss an individual program of treatment with you. Typically, you will also receive your first treatment during this visit.

What should I wear to my first appointment?

When you come to your appointment, please wear comfortable, loose-fitting, casual clothing. If you normally wear corrective lenses or hearing aids, be sure to have them in place. It is vital that you and our therapists are able to communicate effectively.

What do I need for my first appointment?

Bring any doctor's reports you have in your possession and a list of any medications you are currently taking.

For your convenience, following are the new patient forms we will need prior to your treatment.

Electronic Fillable Form - This document can be opened using Microsoft Word and information entered using the computer. To enter the information simply click on the field you wish to complete and use the tab button to move to the next field.

New Patient Forms and Privacy Notice - Complete Electronically

Printable Form - This document can be printed and you can fill the information in by hand.

New Patient Forms and Privacy Notice - Print and Complete

What can I do on my own to help speed up my healing process?

The home exercise program we prescribe on the first visit is a good start to a healthy recovery. Otherwise, performing low impact activities such as stationary biking, walking, elliptical helps improve mobility at the extremities, and adequate circulation to the involved region of the body.

Do you speak with my physician on a regular basis concerning my progress or lack thereof?

We send our initial evaluation findings to the referring physician, and each progress note thereafter.

I like privacy and I noticed that the gym is a 'public' space, is there anywhere for someone like me that wants pt, but doesn't want to be in the gym?

Our clinic provides access to private rooms to complete treatment in privacy if needed or wanted by the patient.

Do you accept patients that are Worker's Compensation?

Yes, we do!