

## Towson PT

### Informed Consent Policy

Towson Physical Therapy offers physical therapy and hand therapy services. Patients will receive a physical exam and evaluation with their therapist that will be used to make a diagnosis of their present condition and develop a plan of care including short and long-term goals. It is important that the patient provides their therapist with an accurate medical history including any medications that they are taking to create the plan of care.

The plan of care will include a recommended frequency and duration of treatment that may include any of the following procedures:

- Exercise Therapy
- Manual Therapy
- Aquatic Therapy
- Joint Manipulation
- Heat, Moist Heat & Cold Packs
- Ultrasound
- Electrical Stimulation
- Paraffin Bath

Patients may also receive exercises from the therapist to perform at home. It is important that the patients follow the plan of care created by their therapist. However, patients have the right to refuse any portion of their treatment at any time. Therapy is not the only treatment option available to patients. Other options including surgery may be available. Patients are encouraged to discuss the risks and benefits associated with alternatives to therapy with their therapist or referring physician. Towson PT's therapists will respect the right of all patients who decide to refuse treatment.

The potential benefits of therapy can include: improvement in symptoms and ability to complete daily functions, increased strength and flexibility, decreased pain level, improved balanced, recovery from injury. There are also risks involved with treatment. There is a risk that therapy will not cure or improve the patient's injury. Other risks associated with therapy include an increased pain level and the possible aggravation of one's condition. Usually, any discomfort resulting from a therapy session may be relieved by applying a cold pack to the affected area in combination with an over the counter pain reliever. Please contact your therapist if any discomfort lasts longer than 24 hours following treatment.

Patients receiving treatment with Towson PT will be provided with a fee schedule upon request. Insurance is not a guarantee of payment and patients are advised to contact their insurance company for coverage information and visit limits. Patients can also contact Towson PT's billing department at (410) 970-8177 with any billing questions.

**I am aware of Towson PT's Informed Consent Policy. I understand the risks and benefits associated with my treatment and that I have the right to refuse any part of my treatment at any time.**

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**Patient/Guardian Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Print Name**