

Why pay cash for physical therapy?

If you pay for health insurance, you want to get something in return. However, using your insurance for physical therapy services may not always be in your best interest.

Here's why:

Rules - Insurances typically dictate the number of visits and types of interventions that can be done. Your insurance may only approve a few visits to resolve part of your problem.

Cost - Insurance copays and deductibles have risen dramatically, so private-pay physical therapy may actually be more cost-effective for you. With one therapist consistently providing your care, you may recover with fewer visits and reach your goals faster.

One-on-one time with your Therapist - Insurance reimbursements have gone down drastically over the past decade. As a result, most clinics schedule multiple clients, or schedule them to see the physical therapist for ten minutes and then have an assistant or aide conduct most of the treatment. In a cash-based clinic, your therapist can spend the time helping you rather than dealing with insurance.

Quality over Quantity - When you are working one-on-one with your therapist, she can continually assess your response to treatment and modify or progress your treatment immediately, so that you can get better faster.

Freedom to get to the root of the problem - When you have personalized therapy with your therapist assessing you thoroughly rather than running back and forth between multiple patients, your therapist can focus on getting to the root of your problems, rather than just provide you with short-term relief. For example, if you see your therapist because your knee is hurting, a thorough assessment will determine whether the problem is truly isolated to your knee, or if it is related to imbalances in your hip or ankle. Addressing the reason why your knee started hurting in the first place may allow you to live without pain and prevent recurrences in the future.

Tools to Empower You - Your physical therapist can use many tools including hands-on techniques to help get you better. A good therapist will also give you guidance and show you the tools to help yourself.

Shop Local - When you come to a private cash-based physical therapy clinic, you support the local economy. Services are not outsourced, and our business supports other local businesses.

Investing in Your Health - The best investment you can make is in your health! Patients who choose cash-based therapy tend to be very motivated and committed to their treatment plan and see results faster.