



KAISER PERMANENTE®

What to Expect in Therapy

Welcome to Rehabilitation Services!

We would like to take this opportunity to share some information about our service so you will know what to expect when you arrive for your first appointment.

During your initial visit, you will be asked questions about the problem that led you to our department. You will be examined by a therapist who may ask you to perform certain activities such as bending forward or be asked to demonstrate your strength. The examination provides valuable information about your condition and guides the therapist in developing a treatment plan that meets your needs.

We recommend that you come to your appointments wearing, or prepared to change, into loose clothing that will allow exposure and free movement of the area that is being treated. Although we have hospital gowns available for your use, many patients feel more comfortable in shorts or sweats.

The goal of Physical or Occupational Therapy, is to improve function and/or decrease pain that has been caused by injury or disease. For some, this may mean learning to walk again after a stroke, fracture or joint replacement. For others, it may mean relearning to perform normal daily activities with a minimal amount of discomfort. Still others may come to therapy because they have a chronic disease or condition and desire to learn ways of maintaining their activity level at the highest level possible.

Many conditions are helped by short-term therapy, yet others may require a long time either to completely resolve or improve. Our goal is to help you by giving you the skills you need to effectively manage your condition and to help you maintain that improvement over time. It is critical that you continue any exercise and/or activity modification that is recommended by your therapist after discharge from therapy.

While we do our best to keep on schedule, there may be visits where you are not seen on time. Factors that interfere with our timeliness range from a previous patient requiring more time, to a provider being called away for a consultation. When you register for your appointment, we will make every effort to inform you of any known delays.

We look forward to seeing you.