

# PHYSICAL THERAPY CONTACT INFORMATION

## Kaiser Permanente San Jose Medical Center

Welcome to Physical Therapy! Your referral will be generated electronically by your medical provider and will be processed 24-48 hours after your medical provider has sent it. Please call our department 24-48 hours after your medical provider visit to schedule your future appointment with the physical therapy department.

Your initial Physical Therapy appointment will be either an interactive group visit (which includes exercise, improved movement training, and self-management tools) or an individual visit, depending upon your diagnosis. Physical Therapy is most effective when you take an active role in your rehabilitation. Therefore, you can expect to leave your first visit with instructions and a home exercise program.

### Physical Therapy Department

Kaiser Permanente San Jose Medical Center  
270 International Circle  
Two North Bldg. 1<sup>st</sup> floor  
San Jose, California 95119  
**(408) 972-6400**

Please call between the hours of 8:00A to 6:00P Monday-Friday to book your appointment

We are dedicated to providing you with excellent quality and service.

