

## PHYSICAL THERAPY CONTACT INFORMATION

Welcome to Physical Therapy! Your first visit will include an evaluation by the physical therapist. Your physical therapist will perform an examination to identify current and potential problems. Based on the results of the examination, and considering your specific goals, your physical therapist will design a plan of care to include specific interventions and will propose a timetable to achieve these goals and optimize your function. Your physical therapist will likely provide you with instructions to perform exercises at home to facilitate your recovery. You should feel comfortable asking your physical therapist any questions regarding your course of care, including specifics regarding interventions and expectations. Also, please note that you may need to undress and put on a gown for your examination.

Please call the Physical Therapy Department 24 hours after you have received this referral from your provider. He or she will be sending information about your case to our department electronically. **If you do not contact the Physical Therapy Department within 14 days, your referral will expire.**

The phone number to the Physical Therapy Department is **415-833-4325**. Call between 7:15 AM and 5:30 PM, Monday through Friday. We have two locations where you may receive care: 1635 Divisadero, Suite 300 (between Post and Sutter) OR 350 St. Joseph, 1<sup>st</sup> floor (next to 2200 O'Farrell).

Prior to your evaluation in Physical Therapy you can go on the internet to [www.permanente.net](http://www.permanente.net) or [www.kp.org](http://www.kp.org) to access information about our providers and get self help information.

## CÓMO PONERSE EN CONTACTO CON EL DEPARTAMENTO DE FISIOTERAPIA

¡Bienvenido al Departamento de Fisioterapia! Su primera consulta incluirá una evaluación por parte de su fisioterapeuta, para identificar los problemas actuales y potenciales. Basado en los resultados de esta evaluación y tomando en cuenta sus objetivos particulares, su fisioterapeuta creará un plan de atención para incluir intervenciones específicas y sugerirá un horario para lograr esos objetivos y optimizar su función. Es probable que su fisioterapeuta le dé instrucciones de ejercicios para hacer en casa y facilitar su recuperación. Debe sentirse cómodo al hacerle cualquier pregunta a su fisioterapeuta sobre su curso de tratamiento, incluso intervenciones y expectativas específicas. Además, tenga en cuenta que es posible que se deba desvestirse y poner una bata para su examen.

Sírvase llamar al Departamento de Fisioterapia 24 horas después de recibir esta remisión de su proveedor de atención médica. Su proveedor enviará electrónicamente información sobre su caso a nuestro departamento. **Si no se pone en contacto con el Departamento de Fisioterapia en un plazo de 14 días, su remisión caducará.**

El número de teléfono del Departamento de Fisioterapia es **415-833-4325**. Llame entre las 7:15 a. m. y las 5:30 p. m., de lunes a viernes. Contamos con dos localidades donde usted podrá recibir atención: 1635 Divisadero, Suite 300 (entre las calles Post y Sutter) o 350 St. Joseph, 1.<sup>a</sup> planta (junto a 2200 O'Farrell St.).

Antes de su evaluación en fisioterapia, puede consultar la Internet y abrir sesión en [www.permanente.net](http://www.permanente.net) o en [www.kp.org](http://www.kp.org), para obtener información sobre nuestros proveedores e información de ayuda personal.

## 物理治療部聯絡資料

歡迎參加物理治療！在第一次的約診會包括物理治療師評估您的病情。物理治療師會為您作檢查，從而確認現有的及潛在的問題。依照檢查的結果及考慮具體的治療目標，物理治療師會為您擬定一套護理的計劃，包括具體的療程，建議達標時間表及強化您的功能。物理治療師大多數會為您提供家居運動指示，從而助您康復。在您的護理過程中如有任何疑問，包括具體的療程及期望，請與您的物理治療師洽商。在檢查時可能需要寬衣及穿上病人長袍。

請在收到這份由您醫生發給您的轉介書 24 小時後，致電物理治療部預約時間。您的醫生會將您的病情以電郵方式傳送給我們。如果您在 14 天內沒有和我們聯絡，您的轉介書就會失效。

請於星期一至星期五，上午 7 時 15 分至下午 5 時 30 分，致電物理治療部預約時間。電話：(415) 833-4325。我們有兩個地點為您提供護理：

- 1635 Divisadero, Suite 300 (Post 街夾 Sutter 街)
- 350 St. Joseph, 1st Floor (2200 O'Farrell 街隔鄰)

在您前來物理治療部作病情評估之前，您可以登入我們的網址：[www.permanente.net](http://www.permanente.net) 或 [www.kp.org](http://www.kp.org)，查閱各醫護人員及自我護理等資料。

## PHYSICAL THERAPY CONTACT INFORMATION

Welcome to Physical Therapy! Your first visit will include an evaluation by the physical therapist. Your physical therapist will perform an examination to identify current and potential problems. Based on the results of the examination, and considering your specific goals, your physical therapist will design a plan of care to include specific interventions and will propose a timetable to achieve these goals and optimize your function. Your physical therapist will likely provide you with instructions to perform exercises at home to facilitate your recovery. You should feel comfortable asking your physical therapist any questions regarding your course of care, including specifics regarding interventions and expectations. Also, please note that you may need to undress and put on a gown for your examination.

Please call the Physical Therapy Department 24 hours after you have received this referral from your provider. He or she will be sending information about your case to our department electronically. **If you do not contact the Physical Therapy Department within 14 days, your referral will expire.**

The phone number to the Physical Therapy Department is **415-833-4325**. Call between 7:15 AM and 5:30 PM, Monday through Friday. We have two locations where you may receive care: 1635 Divisadero, Suite 300 (between Post and Sutter) OR 350 St. Joseph, 1st floor (next to 2200 O'Farrell).

Prior to your evaluation in Physical Therapy you can go on the internet to [www.permanente.net](http://www.permanente.net) or [www.kp.org](http://www.kp.org) to access information about our providers and get self help information.