

## PT FAQ

Contributed by Web master  
 Wednesday, 12 May 2004  
 Last Updated Thursday, 03 August 2006

What do I need to do to see a PT? Do I need a referral? My insurance says "no". Physical therapy treatment is by referral only per Texas state law. Prior to your initial consultation, you will need to have a referral/script from one of the following qualified health care practitioners – physicians, dentists, chiropractors, podiatrists, physicians assistants, and advanced nurse practitioners. The script can be FAXed to 512-891-9274 or can be brought in with you at the time of your initial consultation.

How do I schedule my appointment? All scheduling is done on an individual basis directly with Allan Besselink, PT. He can be reached at 512-914-0871.

Do you accept health insurance? Though Smart Sport International does not currently accept insurance directly, we will provide you with the necessary information so that you can submit to your insurance company for reimbursement as an out-of-network provider.

What is the cost? Sessions are billed on a "per-session" fee.

Initial Evaluation	\$75
Follow-up sessions	\$40

How does this compare to using an "in network" provider? If you're seeing an "in-network" PT, you will typically have a copay (oftentimes \$10-40 per session) along with paying a percentage of your charges (which can be from 10-25% of the total bill). The typical out-of-pocket expense can vary from \$10 to \$90 or more per treatment session – even if you are using your health insurance.

At SSI, our goal is to provide you with the most effective treatment options in the most cost-efficient way and to foster your competence in self-care. Over the course of 3 to 5 sessions, your average per session out-of-pocket expense is about \$50 per session. Most insurance companies will reimburse as an "out of network provider" – which is oftentimes a 40-60% reimbursement rate. Your out-of-pocket expense then becomes \$20 – 30 per session – a typical office copay.

What happens at my initial consultation? At the time of your initial consultation, we will discuss your goals and perform an assessment to define the solutions to your specific issues. Our goal is to educate you in your problem and to understand how to develop and implement solutions for it! . Please bring copies of any other medical records that may be pertinent to your condition (i.e. MRI or Xray reports).

How many visits will I need? Optimal progression of your program will depend on your feedback to me along with appropriate and timely follow-up in the office. For many individuals, the episode of care is no longer than 3 to 5 sessions.

For more information: Please contact Allan Besselink at 914-0871 or via email at [ab@smartsport.info](mailto:ab@smartsport.info).