

H&D BENEFIT



CONTACT US

H&D Onsite Corporate Clinics

Phone 212-292-3858

Fax: 212-953-1353

Email: hdptonsite@hdphysicaltherapy.com

HDPHYSICALTHERAPY.COM

BETTER BEGINS HERE

Services Available Provided by H&D Physical Therapy

Physical Therapy Evaluation and Treatment

- Physical Therapy involves evaluating a person's ability to move and perform functional activities in their daily lives, including sports and fitness. This process includes a thorough assessment and individualized treatment programs, including manual techniques, strengthening, flexibility, postural and movement retraining, and education.
- Evaluations are 60 minutes in duration, and follow-ups are 30 minutes.



Physical Therapy Consultations

- Brief 30-minute Q&A with the Physical Therapist to discuss your musculoskeletal pain. During the session, the PT will answer questions and provide suggestions that may help address specific concerns. If deemed clinically necessary, the PT will recommend referral for a more thorough evaluation. Great for employees who want to learn more about their options and the services provided.
- Cost is free to the employee.

Ergonomic Assessment

- Ergonomic evaluation and adjustment of your workspace, whether at home or in the office. We will discuss best practices for eye and musculoskeletal health to make sitting in front of a computer more comfortable and prevent the risk of injury.
- Duration is 30 minutes.
- Cost is free to the employee.



Wellness

- This program is geared toward your normal activity levels with supervision and accountability. After completing Physical Therapy and returning to your pain-free prior level of function, the PT will customize a home exercise program (HEP) of stretches and strengthening exercises based on your needs. In subsequent follow-up visits, your HEP can be adapted as you progress.
- Duration is 30 minutes.
- Cost is free to the employee.

FAQ



Who is eligible to receive these services?

- Any Qualified employee of Paul Weiss who is active full-time or part-time.

How do I sign up and get started?

- Simply email us at HDPTOnsite@HDPhysicalTherapy.com
- Follow-up appointments can be managed online using our HIPAA-compliant patient portal.

Do I need a doctor's prescription?

- In NY, the Direct Access Laws allow for the first 30 days of PT not needing a prescription. If you require continued treatment, a referral will be required.
- Direct access laws vary by state.
- We can provide referrals to specialists we regularly work with and trust if needed.

How much will it cost?

- For most employees, Paul Weiss will cover the cost of physical therapy.
- Ergonomic assessments, consultations, and wellness sessions are provided at no charge.

What can I expect at my evaluation?

- The physical therapist will review your medical history and perform a complete and thorough evaluation of your current injury and contributing factors. An individualized treatment plan will be created and discussed based on these findings. Your diagnosis, prognosis, and plan of care will be discussed. Treatment will consist of therapeutic exercises, hands-on manual techniques with educational components, re-education, and specific exercises for managing and preventing a recurrence of your injury.
- Our treatment approach includes a holistic systems approach, and we believe the sum is greater than the parts. Integrated evidence-based holistic therapy means we consider biomechanics, your lifestyle, and how you work to arrive at the correct diagnosis and treatment for you.
- The duration of a comprehensive evaluation is around 60 minutes.

How do I prepare for a telehealth appointment?

- Click the appointment link from any camera-enabled device to connect. There is no need to download it. Join the video conference from a private area where you have room to move.
- Begin the appointment with the camera on your device so the therapist can see your face. The therapist will guide you through camera angle adjustments as needed so they can observe and assess your movements.
- The session will be similar to an in-person assessment and will help address your specific needs. Studies have found real-time telerehabilitation to be comparable to standard practice with high satisfaction rates.

Do I need extra equipment for a telehealth appointment?

- No equipment is necessary other than a working camera.

What do I wear to a session?

- Please wear comfortable, loose-fitting clothing such as t-shirts/tank tops, shorts, and sweatpants. If you have shoulder pain, please wear a tank top or loose-fitting shirt that allows access to your shoulder and arm. Shorts should be worn if you have hip, knee, or ankle pain.

How frequently do I come for follow-up treatment and sessions?

- The physical therapist will determine the frequency and duration of 30-minute treatment sessions based on your clinical needs. For most injuries/conditions, a frequency of once or twice a week is the standard of care, although the therapist may recommend other frequencies. Treatment duration is individualized and based on your clinical progress.

Do I need a significant or new injury to be seen?

- Proactive management increases the chances of full recovery in a shorter time. Schedule a session when you notice aches and pains before they become a chronic problem.
- Your complaint does not need to be from a recent injury to be seen to help you decrease your pain and achieve your goals.
- We can help monitor progress and advise on recovery strategies and care pathways no matter how severe or acute the injury is.

I just had surgery. Can I complete my PT here?

- Yes, we are happy to help you throughout your entire prehab and post-surgery recovery while collaborating with your surgeon on your treatment plan.

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I'm not sure if PT will work for me. What should I do first?

- If you'd like to learn more about what physical therapy entails, schedule a PT consultation first. The Physical Therapist will answer any questions you may have before you get started and help develop the best-individualized plan for your comfort level.

I'm only allowed a set number of Physical Therapy visits from my insurance, and I've already used the majority of them. Can I still be seen?

- Yes, we are not limited to the number of visits you are allowed under your insurance plan.

I've done PT and exercises that have caused pain and increased my symptoms. How will this be different?

- The physical therapists provide one-on-one care and will instruct you to perform exercises properly with the appropriate modifications. They will consider your prior experiences and ensure you feel comfortable and confident with your exercise plan.

I finished PT but don't feel comfortable doing the exercises alone. What can I do?

- For increased supervision and accountability in performing your home exercise program, schedule a wellness session. The physical therapists will make sure you are continuing to perform the exercises correctly to prevent the risk of re-injury.

Will I have the same Physical Therapist throughout my plan of care?

- Yes, with the exception of vacation and sickness. Read more about Our Onsite Corporate Team.

Will my information and records be kept private?

- H&D has independent legal and ethical obligations to its patients that your employer, in no manner, will knowingly direct, control, or influence the provision of PT Services by H&D. All information shall be strictly confidential and cannot be provided or revealed to anyone without proper authorization or Court order requiring such disclosure. H&D shall have no obligation to provide any PHI to the employer regarding any PT Services H&D has provided without proper authorization or Court order.

