

Southern Therapy Services, Inc.

Our Physical Therapist May See You Without a Physician Referral for the Following Conditions:

- Back Pain
- Sports Injuries
- Foot Evaluation & Orthotics
- Shoulder Pain
- Knee Pain
- Hip Pain
- Upper Extremity Problems

What to Expect:

- Professional Care
- Quicker Access
- Faster Recovery

Direct Access/Self-Referral: Refers to the ability of patients to seek attention from a Physical Therapist without needing a referral from their physician for a period of up to 21 days (or 8 visits) whichever comes first.

On July 1, 2015 it became legal in the state of Georgia for a patient to pursue treatment by a physical therapist (PT) without first being referred by a physician. This law is consistent with the majority of other states; which allows for easier and more direct access to physical therapy for many people.



Your physical therapist will evaluate you and offer a plan of care for your condition. The initial evaluation is your first visit with the therapist. During this appointment your therapist will spend time getting to know you and your injury/condition, they will go over your medical history, current problems or complaints, how this is impacting your daily activities or your functional limitations, and your goals for therapy. If symptoms warrant, your physical therapist may refer you directly to a physician for further assessment.

Southern Therapy believes in objective and functional patient goals based on thorough evaluation. The following are guiding principles outlined by the Direct Access to Physical Therapy Law:

- As a self-referred patient, your physical therapist will have at least five years of experience or hold a Doctorate of Physical Therapy degree **with** two years of experience.
- Your physical therapist will determine a physical therapy diagnosis as required.
- A physical therapy diagnosis is not a diagnosis by a physician or based on radiological imaging or laboratory tests.
- Your physical therapist may treat you for 21 days or 8 visits before receiving a referral from your physician.
- If you have seen a physician for the condition within the previous 90 days, you must have a physician referral.
- Your insurance company may not cover services without a physician consultation. Our reception staff will be happy to help determine your individual coverage.

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