



Innovative

Physical Therapy & Wellness Studio

Julie Maybach Royal
560 Broadview Avenue
Suite 201
Warrenton, VA 20186

(540) 347-4005 phone
(540) 645-6093 fax
office@innovativeptllc.com
www.innovativeptllc.com

Welcome to **Innovative Physical Therapy**. We are happy you have chosen us to provide and assist with your physical therapy needs. Our mission is to improve and maintain the health and functional mobility of our patients by offering the best uniquely individualized and professional care available, with the goal of teaching people to treat themselves. We strive to treat the whole body and work together in order for you to have a successful outcome.

Team Environment:

We work as a team. Our therapists are highly experienced, trained and professional. The physical therapist will develop a plan of care individualized for you. Over the course of your treatment, you may work with different staff members: physical therapists, physical therapist assistants, and physical therapy techs. Each employee communicates with the lead therapist regarding your care. Please let us know if you have any questions or concerns at any time.

Our Goals For You:

It is our goal to help improve your functional mobility and pain to allow you to get back to doing the activities you like to do. We will strive to improve your understanding of your current condition, help you understand why you are doing the exercises and educate you in the proper way to do your exercises. Please feel free to voice any questions or concerns with your therapist or other staff members.

Office Hours:

Our office is open the following hours: The last hour listed is our last appointment time for that day.

- **Monday 7-6**
- **Tuesday 8-5**
- **Wednesday 7-4**
- **Thursday 8-6**
- **Friday 7-2**

It is best to schedule your therapy appointments ahead to ensure your desired time. Please be courteous with cancellations and give our office a 24-hour notice by calling **540-347-4005** as we do have a waiting list.

Your Experience: Follow up visits

We recommend wearing comfortable clothing and appropriate shoes for exercising to all of your follow-up appointments. When you arrive, please sign in at the front desk. If you are not seen within the first 5-10 minutes of your scheduled appointment, please notify the front desk. A staff member will greet you, asking how you felt after your last treatment, any changes since you were last seen, and your current pain level.

The initial evaluation will set the plan of care for your follow-up visits based on your individual needs. Your therapy session may include warm up on cardiovascular machines ranging from an elliptical trainer, treadmill, recumbent or exercise bike. Listed here are a few reasons for starting with a warm up.

- Increased movement of blood through your tissues, making the muscles more pliable.
- Increased delivery of oxygen and nutrients to your muscles
- Prepares your muscles for stretching
- Primes your nerve-to-muscle pathways to be ready for exercise

Most care plans will include exercises designed to help you with your functional limitations. The exercises could be for balance, strengthening, posture, stretching, or combination of these. Your therapist might use one of or a combination of the following modalities, hot or cold packs, electrical stimulation, ultrasound, and manual therapy.

You may experience increased pain with therapy and some of the exercises may be difficult. Please let us know if the exercises are creating issues for you. It is our job to work with you to help you have a successful experience.

Please notify your therapist at any time if you have any questions or concerns regarding your plan of care.