



## **First Visit**

For your first visit at Bellingham Physical Therapy, we have compiled a short list of a few things you will want to bring with you.

1. You will need to come in 15 minutes prior to your scheduled appointment time to fill out a few forms. If you prefer, you may download these forms here and bring them with you. [Pre-treatment forms](#)
2. If your insurance company requires a prescription, referral, written order, and/or prior authorization, please bring this with you.
3. Your insurance card or L&I claim number
4. Any co-pay if applicable

Your first appointment may run 45-60 minutes. Follow up appointments are generally scheduled for 30 minutes. The number of follow up visits will depend on the nature of your condition, severity and complexity.

### **What Should I Wear?**

1. If we are assessing a lower extremity, bring in a pair of shorts
2. If we are assessing your gait or doing a running assessment bring in a pair of shorts along with your running shoes.
3. If we are assessing an upper extremity, upper back or neck bring in a tank top or sports bra (for women).

### **Questions?**

If you have any questions, please feel free to call us. We are here to help. We do require a 24 hour notice if you are unable to make your appointment. This will allow other patients to be seen.

*Thank you for allowing us to assist you in reaching your ultimate goals that maximize your abilities to function and thus improve your quality of life.*