



## Physical Therapy & Sports Medicine New Patient Handout

Thank you for choosing Skyline Hospital Physical Therapy and Sports Medicine. We look forward to helping you begin your path to recovery. The information in this handout will help you prepare for a successful first visit.

### What to Wear and Bring to your First Visit

- Clothing for examination and exercises
  - Shorts for lower extremity
  - Sleeveless top or sports bra for upper extremity
  - Loose clothing for back
  - Appropriate footwear
- Insurance card and medical information
- Referral from your physician or medical provider, if applicable
- For auto accidents or worker's compensation claims, bring contact names, phone numbers and claim number related to the incident

### Hours of Operation

Our office is open Monday – Friday 8:00 a.m. to 5:30 p.m. We close for lunch 12:00 p.m. to 1:00 p.m.

### Appointment Scheduling

Please arrive 15 minutes prior to your first visit to fill out necessary medical forms, or you may [download the forms from our website](#) and bring them with you.

Allow 45-60 minutes for your first visit and 45 minutes for all subsequent treatments.

Let us know if you would like appointment reminder calls or texts.