

MOUNTAIN VALLEY THERAPY

Treatment Information

Thank you for choosing Mountain Valley Therapy for your rehabilitation needs. To help with your fullest possible recovery and good communication between therapist and patients, the following information is provided:

- **Upon your initial evaluation, your therapist established a Plan of Care** from the information that you provided, combined with his/her findings and information from your physician. Your Doctor has received a copy and will be returning the Plan of Care to us with his/her agreement and/or any modifications he/she feels are pertinent.
- **The state of Oregon and many insurance companies require that a Physical or Occupational Therapy Progress Report is generated every 30 days.** In this report, the goals set forth in your Plan of Care are reviewed and progress toward their achievement is determined. This report is reviewed by your Doctor and the treatment staff here at Mountain Valley Therapy, and may be reviewed by your insurance company.
- **In order to continue physical/occupational therapy beyond the time of your Progress Report, your therapist will need to demonstrate “significant measurable objective progress”** toward the goals that were stated on the Plan of Care. Your therapist may also indicate reasons that you are not progressing, or they may modify these goals and suggest possible changes.
- **Upon your re-assessment and Progress Report, your therapist will be looking for improvement** in problem areas identified on your Plan of Care such as range of motion, strength, changes in gait or balance, and information you provide to us on the Functional Index Questionnaire.
- **Your insurance company is concerned about improvement in your ability to perform regular tasks and to be more safe and independent in the performance of tasks.**
- **Continuing therapy for pain management only (palliative care) is most often not a covered service by insurance companies and may warrant a denial to pay for services. Your insurance company may also request a refund for service already received if it is determined that the service was not necessary to reach functional goals.**
- **Inability to attend sessions for a period greater than 30 days will require that you are discharged from physical therapy. If you decide to return after a 30 day absence-as per state regulation-a new Evaluation, Report and Plan of Care must be established.**

It is our goal to assist you in every way towards the achievement of your desired goals. Please feel free to share any thoughts, questions or concerns regarding your progress with your therapist.

Best wishes to a full recovery,

Mountain Valley Therapy

The Vision of Mountain Valley Therapy is to use our passion to empower all people to experience the full joy of living.