

Questions for your Physical Therapist

These questions are designed to help you communicate more effectively with your physical therapist and cover all aspects of your health and wellness. Feel free to print them out and bring them to your appointment, highlighting the ones that are most relevant to you.

Health History and Family Health

- Are there any changes or updates needed in my health history?
- Given my family history, are there specific health risks I should be aware of?

Preventive Measures

- What should I know about preventive care based on my age, gender, and lifestyle?
- How can I reduce my risk of heart disease with exercise?

What is the goal of my physical therapy?

- Can you explain how my therapy sessions will help with my specific recovery?
- Share your specific goals and then ask if it's realistic to meet them with PT.

How long will my therapy take?

- How many sessions do you anticipate I'll need?
- How long is each session, and how often will I need to come in?

What exercises or techniques will I be doing?

- Can you show me the specific exercises I'll be doing and explain how to do them correctly?
- Are there exercises I can do at home, or should I only do them during my sessions?

How will you track my progress?

- What measures or tests will you use to assess my progress?
- How will we know when I'm ready to move on to the next phase of recovery?

What should I expect during my sessions?

- Will the therapy be painful, or should I expect any discomfort?
- If I feel pain during a session, how should I communicate that to you?

Are there any precautions or limitations I should be aware of?

- Are there any movements or activities I should avoid while in therapy or while at home?
- Are there signs of overdoing it that I should watch for?

What can I do to help speed up my recovery?

- Are there lifestyle changes, stretches, or habits I should adopt to assist in my healing process?
- Is there anything specific I should be eating, drinking, or avoiding?

How do I manage pain or discomfort during rehab?

- Can I use ice, heat, or anything else to manage any discomfort between sessions?
- Are there specific strategies for managing soreness as I progress?

What happens if I miss a session or feel I'm not improving?

- What should I do if I miss an appointment or feel my progress is slower than expected?
- Should I reach out to you if I'm experiencing setbacks or unexpected symptoms?

Are there any red flags or warning signs I should be aware of?

- How will I know if something is wrong or if I'm pushing too hard?
- Are there specific symptoms or changes I should report immediately?