

# PHYSICAL THERAPY - Consumer Education



## What is Physical Therapy?

Physical therapy is the provision of services to people to develop, maintain, and restore maximum movement and functional abilities throughout their lifespan. Physical therapy services are health care services aimed to prevent or eliminate physical limitations from injury, disease and other causes. Conditions treated by physical therapy include, but are not limited to, muscle, bone, heart, and lung problems.

## A Physical Therapist Is...

A Physical Therapist (PT) is a health care professional who evaluates and treats physical limitations in all age groups. All physical therapists practicing in the state of Ohio are graduates of university-level physical therapy education programs and must hold a valid Ohio physical therapist license.

## A Physical Therapist Assistant Is...

A Physical Therapist Assistant (PTA) is a health care provider who assists the physical therapist in certain treatments which are selected and supervised by the physical therapist. All physical therapist assistants are graduates of associate-degree level physical therapist assistant education programs and must hold a valid Ohio physical therapist assistant license.

## Physical Therapists Practice In...

Physical therapists and physical therapist assistants practice in hospitals, outpatient clinics, rehabilitation facilities, skilled nursing facilities, homes, education or research centers, schools, hospices, corporate or industrial health centers, athletic facilities, and other settings.

## Choosing a Physical Therapist

You have the **freedom** to choose your own physical therapist. You may go directly to a physical therapist without a physician's referral **OR** your insurance may require a visit to a physician first or limit your access to only preferred providers.

## Locating a Physical Therapist

To find a physical therapist please contact your health care professional, insurance carrier, or another trusted source. You can also search the American Physical Therapy Association's national physical therapist database by selecting the "Find a PT" option at <http://www.apta.org>.

## Visit the Website or Call

Consumers can visit the Board website at <http://otptat.ohio.gov> or call (614) 466-3774 to verify a license or to file a complaint against a licensed physical therapist or physical therapist assistant.

All complaints must be submitted in writing. If you would like to speak with someone about your complaint, please call the Enforcement Division of the OTPTAT Board at (614) 466-3774 and select option 2.

## Will My Insurance Cover Physical Therapy?

### Private Insurance

Most private insurance plans cover physical therapy services. Contact your insurer for specifics regarding your insurance coverage.

### Medicaid/Medicare

Not all physical therapists accept Medicaid/Medicare. When you call to make an appointment, ask if the physical therapist participates in the Medicaid/Medicare program. Also, obtain information about any co-payments that you may be required to pay.

State of Ohio Occupational Therapy, Physical Therapy, and Athletic Trainers Board

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