



Beth Shelly PT  
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## Welcome to Beth Shelly Physical Therapy

**Pre appointment paperwork:** Please print off the following 2 forms from my web site ([www.bethshelly.com](http://www.bethshelly.com))

- New Patient Information
- Payment information related to your insurance

Complete them and bring them with you to your first visit (we will discuss them fully). I will have one or two additional forms for you to complete (depending on your diagnosis). You may also wish to take a look at some of the patient education articles.

**Location:** Please check the directions posted on the web site so that you are familiar with the location before the first visit. I am sometimes not available to give directions right before your appointment.

**When you arrive** to each visit please sign in on the clip board at the desk. I will provide you with any paper work needed and make copies of your insurance card(s) and photo ID. All appointments start on the hour and last 45 minutes (unless otherwise instructed). Please arrive 15 minutes early for the first visit to complete the necessary paperwork. Arriving on time allows you to take advantage of your full treatment time as I strive to remain on time for all my patients. During the first visit I will be completing an evaluation and collecting information to establish a treatment plan and PT goals to meet your individual needs.

**Frequency of treatments** varies for each patient. Most patients will have 1 to 2 treatments per week for 4 to 8 weeks. Frequency of visits will decrease toward the end with total treatment time usually between 1 and 3 months.

**For pelvic floor conditions,** it may be necessary, initially and periodically, for me to perform an evaluation of the pelvic floor muscle inside the vaginal or rectal canals. You are welcome to bring a family or friend to this procedure. Please discuss any concerns you have with me before or during the evaluation.

I appreciate your honest communication. There is an answering machine available at all times and I will return your call as soon as possible. Unfortunately, I am not always able to check email during the day. You are welcome to email me. I check email at least once per day in AM or PM if I am in town.

I look forward to working with you.

Beth