



Beth Shelly PT  
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## Welcome to Beth Shelly Physical Therapy

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

- New Patient Information
- [Payment information related to your insurance](#)
- Diagnosis specific forms as directed by Beth

Complete them and bring them with you to your first visit (we will discuss them fully). I may 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** (Please see covid procedure for updates) Please bring your insurance card(s) and photo ID. Please arrive a few 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 6 to 12 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. You are welcome to email or text 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