



## Rehabilitation Services

*Welcome to Adventist Health Howard Memorial Outpatient Physical Therapy*

Treatment ordered by your provider: **Evaluate and Treat**

We invite regular feedback about your treatment while you are here. This will help us meet your goals and reach the outcome that you desire.

Listed below are potential benefits and risks that could be associated with receiving physical therapy. Please read through them so that you will be able to make more informed decisions regarding your physical therapy treatments. After reading, if you have any questions, please discuss each item with your therapists and/or your provider.

### Potential Benefits:

1. Improved health and/or function
2. Improved strength and/or range of motion
3. Decreased pain and/or swelling
4. Increased endurance
5. Improved balance
6. Increased knowledge of lifting techniques
7. Improved posture and/or body awareness
8. Ability to return to work
9. Decreased dizziness
10. Knowledge of exercise program for long-term benefits

### Potential Risks:

1. Increased pain and/or swelling
2. Decreased range of motion
3. Temporary muscle soreness
4. Adverse reaction to heat and/or cold
5. Contamination of open wound
6. Failure to realize improvement
7. Postponement of alternate treatment
8. Injury related to a fall or use of equipment
9. Possible allergic reaction
10. Possible short-term increase in dizziness

**Please sign and date below to indicate that you have read and understand the above potential benefits and risks. Return document to the front office staff.**

Patient signature: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

Adventist Health Howard Memorial, Willits, CA  
Outpatient PT Risks and Benefits

**\*139\***

[ Patient Label ]