



Welcome to PT@Kinected with Elliot Fishbein. Before arriving for your first appointment, there are a number of things we want you to be aware of to make your experience smooth and enjoyable. Here are a few things we want to share with you about your first appointment, and what to expect at Kinected:

- 1) **What to wear:** Generally loose fitting clothes that allow for the area(s) of your current complaints to be exposed. For a low back or lower extremity problem, please wear shorts. A loose fitting shirt, tank top, or sports bra is recommended for any problems with your neck or upper extremity. The easier it is to access the areas effected, the better we can care for you and get to the root of what may be causing your current condition.
- 2) **When to arrive:** Please arrive at least 15 minutes early to complete intake paperwork prior to your visit. Please bring a copy of any medical tests, doctors prescriptions, or other documentation pertinent to your current condition.
- 3) **What to expect:** Treatments at Kinected will always be one-on-one sessions with Elliot Fishbein:
 - a. **The Initial Evaluation (75-minutes):** The evaluation will always begin with a thorough subjective history of your current condition, any pertinent medical history, and an examination of your current complaints. It will be followed by a comprehensive physical examination, with treatment and home exercise prescription beginning on the first visit. The evaluation and treatment will take the full 75 minutes of treatment.
 - b. **Follow-Up Visits:** Follow up sessions will be 60 minutes in length. Please continue to bring appropriate attire to allow access to your area of complaint. You will have 45 minutes that will always be one-on-one time with Elliot. The last 15 minutes are at Elliot's discretion and may consist of icing/modalities, getting copies of home exercises, or ongoing hands-on treatment.
- 4) **Payment:** We are a cash pay practice and do not currently accept any insurance plans. We can submit any paperwork necessary to obtain reimbursement from your insurance company if it provides out-of-network benefits.
- 5) **Submitting for reimbursement for Out-of-Network Coverage from your insurance:** If your insurance benefits cover out-of-network providers, we will fill out and submit any paperwork for you to gain reimbursement for our services. If you wish to do this, please contact your insurance provider to find out what documentation it requires prior to coming for your first visit. ***If your insurance provider requires***

paperwork to be filled out for authorization, please have fax it to us prior to your first visit at 212-463-8309 or bring it with you to your first visit. Please bring a copy of your insurance card to your first visit and expect to fill out a portion of the insurance paperwork your provider requires. After each visit, you will be given a receipt of payment from Kinected along with a summary of charges for the session from Elliot that you will submit together to your insurance provider for reimbursement. If you have any questions about the process, please call us at 212-463-8338, and we'd be happy to answer any questions you may have.

We look forward to working with you towards achieving wellness!