



Welcome to Martha's Vineyard Hospital Rehabilitation and Wellness

Martha's Vineyard Hospital Rehabilitation and Wellness provides physical, occupational, and speech therapy services. Listed below is some helpful information to make your visits go as smoothly as possible and to provide some answers to questions you might have.

- **Clothing:** Please wear comfortable, loose-fitting clothes and appropriate footwear. Please bring or wear shorts if your legs need to be accessible.
- **Initial Visit:** Please allow at least 60 minutes for your initial evaluation. The first visit will also include a written plan sent to your physician. You will be assigned a primary therapist to oversee your course of rehabilitation. A Physical Therapy Assistant may also treat physical therapy patients. You will receive individual treatment sessions, but may also participate in group sessions if appropriate.
- **Treatments:** Treatment sessions last from 30 to 60 minutes and often involve a variety of treatment techniques such as heat, cold, whirlpool, ultrasound, iontophoresis (a local medication delivery system), manual therapy techniques, massage, or therapeutic exercise to reduce pain or swelling, and regain motion, strength or function.
- **Payment:** All patients are billed for services rendered by Rehabilitation and Wellness. Please be sure to find out what your insurance will cover before beginning treatment. Please note that some insurance policies have a large deductible (your payment responsibility required by your insurance plan each year) or ongoing co-payments (your payment responsibility required by your insurance plan each time you visit) or a limit on services. If you have no insurance, are unsure of your insurance status, or if you are in need of financial assistance with your bill, please contact MVH Financial Services at 508-693-0410. We will be glad to help you make financial arrangements if necessary.

Once again, we are pleased and proud that you have chosen to use our services. We look forward to working with you.

MV Hospital Rehabilitation & Wellness • 1 508 957-9531