



Understanding & Estimating Your Cost Of Care

This document serves to help patients have a better idea of what to expect from their plan of care during physical therapy treatment! Please keep in mind that care plans vary from patient to patient both financially and time-wise. This document cannot provide an exact estimate for these factors, but should help clients have clearer expectations when starting treatments.

When pursuing physical therapy treatment, you may have questions such as:

- How many treatment sessions will I need?
- How long will this take?
- How much will it cost me?

We'll dive into answering these questions below, but there are several factors that determine someone's success, cost, and timeline as they go through their plan of care with me.

Undergoing physical therapy is truly a *partnership* between the clinician and the patient. Both of us have to bring our best efforts to get you back to living a life without restrictions. Below I will outline the way I see and treat patients. Other providers, based on their skill level and company expectations, may see you more or less frequently.

One additional note: Right out of the gate, I assume that because you are reading this, you know I am an out-of-network cash based provider. If you have questions regarding what this means, please refer to my [FAQ page](#) for more details on that topic.

Now, let's dive right in!

Setting Expectations - Personal Commitment

Making the choice to pursue physical therapy to better your quality of life can be a big decision. You'll have to not only think about the usage of your time, the actual treatment session (in-office or virtual) and personal finances; but also your *personal commitment* to physical therapy.

What does this mean?

Well, physical therapy is not a one-and-done service. For many cases, it requires a change in daily habits, consistent practice of at-home exercises or other activities, and regular progress check-ins with your provider. Although symptoms and individual cases of dysfunction vary from person to person, you should know that you can be working on treatment anywhere from a few months to a full year!

In other words, YOU will be required to put in some time and effort to truly benefit from physical therapy in the best possible way! So, before starting physical therapy, you'll need to:



- Do some personal research into your insurance and what they cover
 - (see [helpful documents page](#) - “Does My Insurance Cover My Care?”)
- Consider the expense of physical therapy from your personal finances
- Ask yourself:
 - Am I willing to make an effort towards changing my daily habits?
 - Am I willing to regularly perform exercises, massages, etc. at home?
 - Am I able to schedule time to meet with a provider regularly for an extended amount of time?

In addition to preparing yourself for personal commitment and accountability, you should also prepare yourself with what to expect during the session (in-office or virtual).

What to Expect - Working With Dr. Laura Mehofer

First, we'll discuss how treatment sessions typically work when you first start physical therapy. Once you have an understanding of what the process entails, you can typically get a ballpark idea of how long your treatment may take! So, let's jump in...

During pelvic floor physical therapy, the provider will handle:

- Identifying possible causes of symptoms through medical history and examination
- Understanding what areas/muscles of your pelvic floor are afflicted/causing problems
- Teaching you about your pelvic floor and how it affects your daily activities
- Offering in-house treatment or services
- Creating a curated plan of care for your individual needs and changing it as needed while you progress
 - This can include teaching you how to change daily habits, diet, how to perform exercises at home, massage techniques, breathing techniques, and much more.

Remember, it's up to you to keep the treatment going at home! Think of your treatment like caring for a plant; you can get all the tools and advice you need from a gardener on how to properly care for it, but it's up to YOU to actually care for the plant (watering, fertilization, pruning, etc).

So, you may be wondering what treatment may look like when working with a pelvic floor physical therapist. You may also have questions, such as:

- How long will I need to see a provider for?
- How many sessions will it take?
- When will I see results?

Well, it all depends on your personal needs!



Physical Therapy Timeframes

With Dr. Laura Mehofer's physical therapy services, every area of possible pelvic floor dysfunction will equal around 4 sessions. The list below shows the areas you may need treatment for (regardless of your sex assigned at birth):

- Bladder
- Bowel
- Sexual function / Pelvic exam / Insertion issues
- Prolapse
- Back / Hip pain
- Abdominal pain

If you're wondering "Are my symptoms suitable for pelvic floor physical therapy?" check out the document "Do I Need Pelvic Floor Physical Therapy?" in the [helpful documents page](#) of Dr. Laura Mehofer's website.

It's important to note that some individuals may need more than one area treated. So, for example, if you are *only* experiencing issues with bladder leakage, you can expect around 4 treatment sessions. However, if you are experiencing both urine leakage *and* back pain; you should expect around 8 sessions. Please keep in mind that these sessions would be considered after the initial consultation.

Again, these are *estimates*. Every person's body and level of commitment is different, and so your personal case may vary time-wise.

Some factors that can cause slower treatment include:

- Not being compliant with your outlined home program (behavioral modifications, exercises, stress management, and so on).
 - A person who is more consistently acting on their home program and consciously making changes to their own habits will have more timely success than someone who *only* relies on treatment sessions with their provider for results.
- Infection, new injury, new onset of stress..
 - This can be an accident that causes injury, an unexpected UTI, or another unexpected life change that may disrupt treatment or at home practice.
- New medical diagnosis/discovery
 - Some patients may also be working with their primary care provider or additional providers to decide on a medication or other diagnosis.

Generally, for the first 4 to 8 sessions, you can expect a session once a week or once every other week when you are just starting out.



However, your provider knows that life happens and so sometimes sessions may need to be pushed back here and there. In this case, your treatment may last longer than you and your provider may have estimated from the consultation (again, consistency is key with pelvic floor treatment).

Eventually, you can expect your sessions to slowly spread out; having sessions:

- Once a week
- Once every two weeks
- Once every three weeks
- Once every third or fourth week
- Every six weeks
- Every two months
- Eventually reaching discharge

But why is this necessary? This slow tapering of sessions...

- Helps patients hold themselves accountable for at-home practice
- Ensures the patient doesn't move backward in their progress due to life
- Allows the provider to continue updating or modifying the patient's unique treatment plan as needed in accordance to their current results or problems
- Encourages better success overall. Getting better doesn't always equal getting better *faster*. You want treatment that is ensuring a high quality of care and results, not speeding you through as fast as possible (even though you might *feel* like you want that)!

Hopefully this explanation helps clear any confusion and will allow you to have more accurate expectations when entering pelvic floor physical therapy treatment!

Estimating Your Care

As mentioned previously, finances are an important aspect to consider when pursuing physical therapy. Now that you have a better idea of how long your care plan may take for your individual case, you may have clearer expectations in terms of cost as well.

Check out the "Cost of Therapy" document on the [Helpful Documents](#) page of my website. There, you'll find my list of fees for services, which may help you see some actual numbers in terms of cost for your care.

With this, you'll get a ballpark idea of what your cost of care may look like. However, as mentioned before, every person is different and the unexpected may happen (which could lead to additional sessions). Please keep this in mind as you try to estimate your care costs.

If you are someone who has insurance, check out the "Does My Insurance Cover My Care?" document on the [helpful documents page](#) of Dr. Laura Mehofer's website.