



LAURA MEIHOFFER

Understanding & Estimating Your Cost Of Care



LAURA MEIHOFFER

Table of Contents

Introductionpage 2

Setting Expectationspage 3

What to Expectpage 4

Physical Therapy Timeframespage 5

Estimating Your Carepage 8



Introduction

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 treatment.

When pursuing physical therapy, 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 soon, but there are several factors that determine someone's success, cost, and timeline as they go through their plan of care.

This document will specifically outline how [Dr. Mehofer](#) sees and treats patients. Other providers, based on their skill level and company expectations, may see you more or less frequently—or take different approaches in their care.

Additionally, undergoing physical therapy is truly a partnership between the clinician and the patient. Both parties have to bring their best efforts in order for you to get back to living a life without restrictions!

One last note before we get started: Because you are reading this, you likely know that Dr. Mehofer is an out-of-network cash based provider. If you have questions regarding what this means, please refer to the [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.
 - (View the [Helpful Documents page](#) for more insurance info)
- 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 virtually).



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 (which also translates into cost). 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-office treatment or services.
- Creating a curated plan of care for your individual needs and changing it as needed while you progress.
 - This can include changing behaviors or diet, as well as performing exercises, massage techniques, breathing techniques, and 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 provide the care (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, each area of pelvic floor dysfunction will equal around 4 to 6 sessions of treatment. The list below shows the areas you may need treatment for (regardless of your sex assigned at birth):

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

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 to 6 treatment sessions.

However, if you are experiencing both urine leakage and back pain; you should expect around 8 to 12 sessions. Please keep in mind that these sessions would be considered after the initial consultation. In other words, you can expect 8 to 12 sessions *after* your initial consultation appointment.

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

Physical Therapy Timeframes

Again, the number of sessions discussed in this document 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**
 - Some examples of this could be an accident that causes injury, an unexpected UTI, or an 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).

Physical Therapy Timeframes

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? Well, 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 treatment plan 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 up 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.

All costs can be found on Dr. Mehofer's website [on the cost page](#). Now that you can estimate how many sessions you may need, view the cost page to help calculate what your estimated cost of care may be.

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, you can gain additional information by visiting the "Does My Insurance Cover My Care?" document on the [helpful documents page](#) of Dr. Laura Mehofer's website.