

# DETAILED PRICE LIST

## PHYSICAL THERAPY & PREVENTATIVE WELLNESS

*Physical therapy & preventative wellness services are collaborative sessions guided by the therapist that include consultation, screening, Graston Technique®, massage, education, therapeutic exercise instruction, & aids as prescribed.*

- **Initial Evaluation** (1<sup>st</sup> visit, 90-120 minutes): Includes consultation, goal setting, clinical tests & measures, and initial home exercise / self-care prescription. **\$200**
- **Follow Up Visits** (2<sup>nd</sup> visit onward, 45-60 minutes): Includes consultation, goal and home exercise / self-care review & progression, and manual therapy as needed. **\$125**

**PRE-PAY PACKAGE DEALS:** Prepay your next three visits and get \$50 off!

- **New Plan of Care:** Includes initial consultation with baseline testing as needed and three follow up visits for new clients. **\$525 (Regular cost \$575)**
- **Continuing Care:** Four follow-up visits for clients who have already established care. **\$450 (Regular cost \$500)**

Wellness plans must be developed on an individual basis and evolve over time according to patient needs. Most patients will not require visits more than once per week unless they prefer additional hands-on therapy. Many will meet goals or resolve problems within 2-5 visits; however, some may require additional assistance. Most complete symptom-focused treatment within six months. Clients are not refused service after initial treatment, may remain under supervision for preventative wellness or return for additional training or treatment as needed.

**NOTE:** Patient PT is a trauma-informed therapy provider and strives to be accessible to all. Zoom, no-touch, and low-touch sessions are available upon request. Clients may book appointments via text, phone, email, and webform. Free therapy services are available to those who qualify for *Pain MAP*, please visit [patientphysicaltherapy.com/faq](http://patientphysicaltherapy.com/faq) for more information.

## MASSAGE THERAPY

Therapeutic massage services blend Swedish and deep tissue therapies for a massage experience that is both deeply relaxing and effective for short-term pain relief. *Massage sessions do not include therapeutic exercise instruction, free therapy aids, or Graston technique.*

- 30 Minutes: \$75
- 45 Minutes: \$100
- 60 Minutes: \$120
- 75 Minutes: \$150
- 90 Minutes: \$180

To receive a blended technique session (targeted massage plus other modalities, exercise, or education), consider booking a preventative wellness session instead. Dr. Clark is a dual-licensed Doctor of Physical Therapy, so you can take your healing to the next level without missing a beat.

## Cost Schedule

Service	Minutes	Price
<b>Massage Therapy</b> All massage is blended swedish & deep tissue style.	Luxury Therapeutic Full Body Massage 90 Extended Therapeutic Full Body Massage 75 Therapeutic Full Body Massage 60 Wellness Massage 45 Targeted Massage 30	\$180 \$150 \$120 \$100 \$75
<b>Physical Therapy &amp; Preventative Wellness</b> Patient-centered wellness with a science & systems approach. Includes all treatment, home exercise prescription, & expert advice every step of the way	Evaluation visit 90-120 Follow Up Visit 45-60 Pre-Pay Package Deal: incl evaluation Prepay your next 3 visits & Get \$50 Off! follow ups only House Call Fee, per visit +mileage	\$200 \$125 \$525 \$450 \$75
<b>Consultation, Education, &amp; Speaking Engagements</b> Ask an expert about all things health and wellness, or bring your organization in-person assistance, training solutions, workstation ergonomics evaluations, and more!	In-Office & Zoom Consultation or One-on-One Training \$2 per minute, 15 minute minimum In-Person & Zoom Group Training or Public Speaking \$2 per minute, 30 minute minimum + \$75 instructional &/or onsite fee <ul style="list-style-type: none"> <li>- Wellness 101</li> <li>- Desk Ergonomics</li> <li>- Self &amp; Partner Massage</li> <li>- Lifting Mechanics</li> <li>- Posture Reversal</li> <li>- Repetitive Motion Reversal</li> </ul>	\$200 \$125 \$525 \$450 \$75