

# 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. In-person and virtual visits available.*

- **Initial Evaluation** (1<sup>st</sup> visit, 90-120 minutes): Includes consultation, goal setting, clinical tests & measures, and initial home exercise / self-care prescription. **\$280**
- **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. **\$140**
- **Consultation** (As Requested, 15-120 minutes): Includes live consult via phone or virtually for health & wellness questions. 1st 15 Minutes **\$50**, +\$35 each additional 15-minute block

**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. **\$650** (Regular cost \$725)
- **Continuing Care:** Four follow-up visits for clients who have already established care. **\$510** (Regular cost \$560)

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 and may remain under supervision for preventative wellness or return for additional training or treatment as needed.

## 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: \$105
- 45 Minutes: \$140
- 60 Minutes: \$175
- 75 Minutes: \$210
- 90 Minutes: \$245

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.

*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.*

[patientphysicaltherapy.com](http://patientphysicaltherapy.com)  
info@patientphysicaltherapy.com  
2620 N Walnut Street  
Bloomington, IN 47404  
812.558.0976



## Cost Schedule

|                                                                                                                                                                                                                                                                                                                                                                | Service                                                                                                                                                                                                                      | Minutes                                                                                                                                                                                                         | Price          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Physical Therapy &amp; Preventative Wellness</b><br><br>Patient-centered wellness with a science & systems approach. Includes all treatment, home exercise prescription, & expert advice every step of the way                                                                                                                                              | <b>Evaluation Visit</b>                                                                                                                                                                                                      | 90-120                                                                                                                                                                                                          | \$280          |
|                                                                                                                                                                                                                                                                                                                                                                | <b>Follow Up Visit</b>                                                                                                                                                                                                       | 45-60                                                                                                                                                                                                           | \$140          |
|                                                                                                                                                                                                                                                                                                                                                                | <b>Pre-Pay Package Deal:</b><br>Prepay your next 3 visits & Get \$50 Off!                                                                                                                                                    | incl evaluation<br>follow ups only                                                                                                                                                                              | \$650<br>\$510 |
|                                                                                                                                                                                                                                                                                                                                                                | <b>House Call Fee, per visit</b>                                                                                                                                                                                             | +mileage                                                                                                                                                                                                        | \$75           |
|                                                                                                                                                                                                                                                                                                                                                                | <b>Targeted Massage:</b> choose problem area(s) for focused treatment                                                                                                                                                        | 30                                                                                                                                                                                                              | \$105          |
| <b>Massage Therapy</b><br><br>All massage is blended swedish & deep tissue style, provided by dual-licensed Doctor of Physical Therapy & Massage Therapist Kelly Clark.<br><br>All massages 45 minutes and longer include hot towels.<br><br>Massages >45 minutes <u>may not</u> be booked as targeted sessions (i.e., focused treatment on <50% of the body). | <b>Wellness Massage:</b> ideal for a maintenance full-body massage or extended treatment of a problem area                                                                                                                   | 45                                                                                                                                                                                                              | \$140          |
|                                                                                                                                                                                                                                                                                                                                                                | <b>Therapeutic Full Body Massage:</b> a longer maintenance massage, allows for some targeted treatment of problem areas                                                                                                      | 60                                                                                                                                                                                                              | \$175          |
|                                                                                                                                                                                                                                                                                                                                                                | <b>Extended Therapeutic Full Body Massage:</b> a long full body treatment with time for deep treatment of problem areas, can be hybrid PT session                                                                            | 75                                                                                                                                                                                                              | \$210          |
|                                                                                                                                                                                                                                                                                                                                                                | <b>Luxury Therapeutic Full Body Massage:</b> the longest session offered, allows full body treatment with time for extensive deep treatment of long-term and problem areas, ideal for hybrid PT follow up / massage sessions | 90                                                                                                                                                                                                              | \$245          |
| <b>Consultation, Education, &amp; Speaking Engagements</b><br><br>Ask an expert about all things health and wellness, or bring your organization in-person assistance, training solutions, workstation ergonomics evaluations, and more!                                                                                                                       | <b>Consultation:</b> Phone or Virtual<br>15-120 minutes                                                                                                                                                                      | \$50 first 15 minutes, +\$35 for each additional 15 minute block                                                                                                                                                |                |
|                                                                                                                                                                                                                                                                                                                                                                | <b>In-Person &amp; Zoom Group Training or Public Speaking</b><br><br><ul style="list-style-type: none"> <li>Wellness 101</li> <li>Desk Ergonomics</li> <li>Self &amp; Partner Massage</li> </ul>                             | \$3 per minute, 30 minute minimum + \$75 instructional &/or onsite fee<br><br><ul style="list-style-type: none"> <li>Lifting Mechanics</li> <li>Posture Reversal</li> <li>Repetitive Motion Reversal</li> </ul> |                |