

# NEW YORK SPORTS & PHYSICAL THERAPY INSTITUTE

STEPHEN M. WIRTH, P.T.

---

2339 HEMPSTEAD TURNPIKE, EAST MEADOW, NY 11554    PHONE 516-520-3053    FAX 516-520-5715

## INFORMED CONSENT FOR PHYSICAL THERAPY

Dear Patient:

Physical Therapy involves the use of many different types of physical evaluation and treatment. At New York Sports & Physical Therapy Institute, we use a variety of procedures and modalities to help us try to improve your function. As with all forms of medical treatment, there are benefits and risks associated with physical therapy.

Since the physical response to a specific treatment can vary widely from person to person, it is not always possible to accurately predict your response to a certain therapy, modality, or procedure. We are not able to guarantee precisely what your reaction to a particular treatment might be, nor can we guarantee that the treatment will help your condition. There is also a risk that your treatment may cause pain, injury or may aggravate previously existing conditions.

You have the right to ask your physical therapist what type of treatment he or she is planning based on your history, diagnosis, symptoms, and testing results. You may also discuss the potential risks and benefits of a specific treatment with your therapist. You have the right to decline any portion of your treatment at any time before or during your treatment session.

Therapeutic exercises are an integral part of most physical therapy treatment plans. Exercise has inherent physical risks associated with it. If you have any questions regarding the type of exercise you are performing or any specific risks associated with your exercises, your therapist will be glad to answer them.

**I acknowledge that my treatment program has been explained to me by New York Sports & Physical Therapy Institute, and that all of my questions have been answered. I understand the risks associated with a program of Physical Therapy as outlined to me, and I wish to proceed.**

---

Patient Name

---

Patient Signature

---

Date