

REVOLUTIONARY SELF PAY PACKAGES

**Physical Therapy
& Sports Rehab, Inc.**

Our Expertise. Your Recovery.

We extend a **30% discount** if you are paying Cash Out of Pocket, have high deductible insurance plans or if you are opting out of your HMO (please see Cash Discounts below). We accept most insurances at our standard rates. We also accept auto insurance, attorney liens and cash pay.

Services	Fees	Discounted rate	Description
Initial Exam	\$125	\$87.50	Includes exam, education, self-care, home exercises
Re-evaluation	\$85	\$59.50	Includes progress note, self & home care
Mobilization Techniques	\$45	\$31.50	Reduces scar tissue and enhances circulation. Improves motion and balanced movement.
Ultrasound	\$20	\$14.00	Re-establishes healthy body movement to reduce pain and improve functional performance.
Therapeutic Exercise	\$45	\$31.50	Improves strength, endurance, range of motion and flexibility.
Therapeutic Activities	\$45	\$31.50	Use of dynamic activities to improve and restore healthy movement and normal function.
Gait Training	\$35	\$24.50	Improves walking and stair climbing
Neuromuscular Re-education	\$45	\$31.50	Re-trains muscles to normal function, balance, coordination, posture and proprioception.
Electrical Stimulation	\$25	\$17.50	Stimulates the reduction of pain and spasm
Tape+Service	\$24	\$16.80	Supports joint & postural alignment and stability
Decompression Traction	\$25	\$17.50	Computer assisted table stretches spine To decrease disc pressure and relieve nerve root pain.
Laser Therapy	\$15	\$10.50	Light energy accelerates tissue repair, reduces pain.
Laser Therapy Package (6 treatments)		\$50.00	Light energy accelerates tissue repair, reduces pain.
Revolutionary Treatment Self Pay Packages (8 visits)		\$499.00	Combination of fast acting treatment techniques to address your individual pain and dysfunction.

Norfolk
Tel:508•384•7020

Norwood
Tel:781•769•2040

Admin/Billing
Tel: 781•762•3239

www.ptandsr.com