



## Self Solace Physical Therapy, Inc.

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Welcome,

Now that you are on my schedule there are a few things that you need to do and be aware of prior to your first session.

You will be receiving an email from **OnPatient** by drchrono to access the patient portal. This will enable you to complete the [new patient paperwork online](#). If you need assistance with the Onpatient Portal account, please contact me. It is very important I have this information PRIOR to your appointment!

I will be doing a complete physical therapy initial evaluation at your first session.

### **Special Instructions:**

- Please wear comfortable clothing (shorts, two piece swim suit or just your bra & underwear)
- No lotions or oils.
- Please arrive early with the online paperwork completed so that we can make the best use of your full hour.

At Self Solace Physical Therapy we specialize in JFB Myofascial release which is a gentle, safe, hands-on approach to relieving tension, pain, and dysfunction throughout the body. This approach targets the fascial system which is a tough connective tissue that spreads throughout your body from head to toe (much like a three dimensional spider web). When this fascia is damaged through trauma or inflammation it binds down and can put pressure on muscles, nerves, organs, blood vessels and bones. Myofascial Release is one of the most effective forms of bodywork available today.

Because of the specialized form of therapy and the personalized approach, SSPT has not joined any insurance networks.

- Services are billable to insurance
- Patients pay up front and submit to insurance for reimbursement.
- Each insurance plan differs so we cannot guarantee that you will be reimbursed.
- We are NOT a Medicare provider.
- If you would like to submit for reimbursement, please call your insurance company to find out what the out of network benefits are. ([See the forms on our website.](#))
- We do not offer any packages but instead keep our prices as low as possible for everyone at every session.

- Costs: ([See the financial policies on our website.](#))  
Physical Therapy Initial Evaluation \$180  
1 hour treatment session with Mya Swan, PT, DPT \$140  
1 hour treatment session with Kimberly Whipple, PTA MT \$105  
Co-Treatment with Mya Swan and Kimberly Whipple \$245  
MFR Self Treatment Class Series \$160 for the entire series of 4 classes  
(*half price to repeat*) \*When 2 or more register together \$140 per person  
for entire series
- The plan of care that is best for your personal needs will be determined at  
your initial evaluation

Self Solace Physical Therapy, Inc. is located within **The Empowered Living Center** at: **7560 S Willow Dr., Tempe, AZ 85283**