



KASD Health & Wellness Center
419-1 S. Washington St
Combined Locks, WI 54113
(920) 423-4192 | www.kimberly.k12.wi.us/kasd-hwc

Frequently Asked Questions Physical Therapy

1. How can I schedule an appointment with the Physical Therapist at the Health & Wellness Center?

To schedule an appointment, please call the Health & Wellness Center directly during open hours, or visit the link below:

Phone: (920) 423-4192

Online Scheduling: follow the appointment link at www.kimberly.k12.wi.us/kasd-hwc

2. What are the Physical Therapy hours at the Health & Wellness Center?

Physical Therapy is provided during the hours listed below:

	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Therapist	3:30 – 6 p.m.	3:30 – 6 p.m.	3:30 – 6 p.m.	3:30 – 6 p.m.	11 a.m. – 1 p.m.

3. What do Physical Therapists treat?

Physical therapists are health care professionals who help people maintain, restore, and improve movement, activity and function, thereby enabling optimal performance and enhancing health and wellbeing.

4. I see there are two physical therapists at the Health & Wellness Center. Can I book my appointment with either therapist?

Yes, either therapist can see you for any concern you may have. If it is determined that one therapist may be better suited for your care, we will organize further visits to be made with that therapist.

5. Will I experience pain?

Possibly. Therapists are specifically trained to help individuals manage their musculoskeletal pain symptoms. Although some interventions may cause a brief increase in symptoms, this increase in pain is short lived and often followed by less pain than where you started. Please let your therapist know about all pain you are experiencing so your treatment can be tailored to your needs.

6. What should I wear to my appointment?

Clothing that allows easy access to the body part that needs to be evaluated or treated. Closed-toed, sturdy shoes are always best. You may be asked to perform exercises, so athletic clothes may be the most comfortable.



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7. Should I bring anything?

A positive attitude. If you have been seeing a provider outside of Ascension and you received a physical therapy referral, please bring that along.

8. What can I expect during my first visit?

Expect your therapist to perform a full evaluation of your medical history and current injury, if applicable. This will include assessing your mobility, strength, and functional abilities. This will be followed by interventions designed specifically for and with you to address your pain or limitation.

9. How long will my therapy session last?

Each session is individually tailored and designed, but most sessions are 30-45 minutes in length. Visits can vary and will be discussed throughout your treatment plan.

10. How many sessions will I have?

This will vary depending on the patient and case. Often, the length of time for recovery and number of sessions can be estimated during your initial visit, which may also fluctuate as your treatment progresses.

11. What type of education and training do the therapists have?

The therapists at the KASD Health & Wellness Center have obtained their bachelor's degrees followed by a master's or doctorate degree within their specific specialty. They have degrees focused on the evaluation and treatment of musculoskeletal injuries, pain, and limitations.

12. What are common problems and diagnoses treated?

- Acute and chronic pain
- Back and neck pain
- Foot, knee, and hip pain
- Hand, wrist and elbow injury
- Orthopedic injury
- Osteoarthritis
- Osteoporosis
- Shoulder problems
- Sports injuries
- Strains and sprains
- Tendonitis and bursitis
- Total joint rehab
- Fibromyalgia
- Plantar fasciitis
- Pre and post - operative care
- Balance and dizziness problems
- Temporomandibular joint pain (TMJ)



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13. What treatments are offered?

- Biomechanical assessment and intervention
- Gait analysis and training
- Injury prevention
- Kinesio Taping
- Modalities such as e-stim & ultrasound
- Dry needling
- Pain management
- Manual therapy
- Stretching and strengthening exercise
- Vestibular rehab
- Sports rehab
- Prevention education
- Home exercise programs
- Strength and conditioning programs
- And much more...