



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 Therapy (PT/OT)

1. How can I schedule an appointment with the Physical/Occupational 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 therapy hours of the Health & Wellness Center?

The hours of operation are as follows:

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

3. How are Physical and Occupational Therapy different?

Physical therapy is the physical rehabilitation of clients recovering from injury/disease to restore functional mobility. Physical therapists specialize in treatment of the neck, shoulder, back, hip, knee, ankle and foot.

Occupational therapy includes rehabilitation to enable clients to engage in daily activities that they need or want to do as seamlessly as possible – including prevention and rehabilitation of injuries, illnesses, and disabilities. Occupational therapists specialize in treatment of the shoulder, elbow, wrist, and hand.

4. When should I go to an Occupational Therapist vs a Physical Therapist?

- I experienced a work or personal injury related to my shoulder, elbow, wrist or hand and need rehabilitation to get me back to my “normal”.
- I’ve experienced a work or personal injury and want my injury assessed to determine what type of further care is necessary.

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.



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6. What should I wear?

Closed-toed, sturdy shoes are always best. You may be asked to perform exercises, so athletic clothes may be most comfortable. In addition, if your appointment is for a joint injury please wear clothing that allows the therapist to view that joint.

7. What can I expect at 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.

8. How long will my therapy sessions 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.

9. 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.

10. What type of education and training does the therapist have?

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