



Physical Therapy Evaluation and Treatment

Physical Therapy Location

St. James Mercy Hospital, 3rd Floor
411 Canisteo St.
Hornell, NY 14843
Phone 607-324-8280
Fax 607-324-8283

What is Physical Therapy?

Physical therapy (PT) is a type of treatment you may need when health problems make it hard to move around and do everyday tasks. It helps you move better and may relieve pain. It also helps improve or restore your physical function and your fitness level. The goal of physical therapy is to make daily tasks and activities easier. For example, it may help with walking, going up stairs, or getting in and out of bed. PT can help with recovery after some surgeries. Your doctor may suggest physical therapy for injuries or long-term health problems.

What should I bring with me to my first appointment?

Please bring the script that your doctor wrote for you and your insurance cards. Please note that sometimes your doctor's office faxes a script to us on your behalf, and you may not have been given one. Either way, if you physically have a script, please bring it.

Should I take my regular medications before I come?

Yes, please follow your normal medication schedule. If you have pain medications that you have been directed by your doctor to take as needed, they should be taken about 45 minutes before your appointment as able, and if they do not affect your ability to attend your appointment.

What should I wear to my appointment?

Active type or loose fitting clothing is most appropriate to wear to your appointment as treatment often includes movement and exercises. It is helpful to wear clothing that will allow you to easily access and expose the body part or area that is being treated. Hospital gowns are available and used as needed. Comfortable or athletic type shoes are recommended to offer good support and footing during treatment activities.

Will I experience pain during my appointment?

Evaluation and treatment is different for everyone, depending on the problem. It is sometimes necessary to do things that cause discomfort during the evaluation and treatment, though this is kept to a minimum. The Therapists are very well trained in ways to limit and reduce pain as a standard part of your session. Your Therapist will work closely with you to manage any discomfort.

How long will each session take?

The first session will be the longest and you should expect to be there a little more than one hour. Follow up appointment sessions for treatment generally last about 45 minutes to one hour.