



THE UNIVERSITY of
NEW MEXICO

UNM Student Health & Counseling (SHAC)

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Physical Therapy

Overview

Welcome to the SHAC Physical and Occupational Therapy Department. We offer an array of therapy treatment approaches including Cranio-Sacral Therapy, Muscle Energy, Strain/Counterstrain, Visceral Manipulation, Lymphatic work, massage, stretching and strengthening exercise programs, kinesiotaping, and movement analysis. Appointments can be scheduled through the Reception Area at 277-3136.

Technique

We believe in a collaborative approach to treatment and actively engage our clients in their own healing process. Collaboration between therapist and client involves looking at relationships between anatomical structure, functional goals related to daily activity, and providing emotional and educational support relative to the rehabilitation process. The client's participation is essential in identifying and assisting the therapist in prioritizing treatment techniques, goals, and outcomes.

Frequently, therapy involves uncovering various layers of tissue involvement. As therapy progresses, your clinical picture will change and treatment will reflect that change. Treatment times can vary from 30 minutes to 2 hours, depending on the complexity of your condition. Occasionally, you will not feel an immediate change from your treatment. However, most clients report changes one to three days following treatment.

Insurance

The UNM Student Health Insurance Plan covers part of the cost of these treatments. Coverage for other insurance plans is different. You should contact your insurance plan to see if physical therapy is a covered benefit. Many companies require that you get a preauthorization number from them prior to receiving therapy. Please coordinate this care with the SHAC Reception Area. If Student Health & Counseling is **not** a preferred provider for your insurance plan, we can give you a billing form to submit to your insurance company on the day of your visit. For insurance questions, call SHAC at 277-3136 or 277-7943.

There is a \$20 fee for appointments that are not cancelled by 3:00 pm the day preceding your appointment.

The number of visits varies depending on the complexity of your condition. Generally, most patients are seen from 4 to 16 times. *A referral from a primary healthcare provider is required for therapy.*

We are committed to quality patient care and look forward to working with you!

