



THE UNIVERSITY of  
NEW MEXICO

Student Health & Counseling (SHAC)

MSC06 3870

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Albuquerque NM 87131-0001  
(505) 277-3136 Fax: (505) 277-2020

# Physical Therapy

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## Overview

We offer an array of therapy treatment approaches which are individualized for each client. These include stretching and strengthening programs, kinesiotaping, spinal and joint mobilization/manipulations, ergonomics and postural training, balance training, soft tissue mobilization techniques, functional assessments, movement analysis, therapeutic modalities, and orthotic casting.

## 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 structures, muscle imbalances, functional goals related to daily activity, and providing 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. The number of visits varies depending on the complexity of your condition. Generally, most patients are seen from 4 to 15 times.

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 1 hour, 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.

**Appointments can be scheduled through the Reception desk at 277-3136.** *A referral from a primary healthcare provider is required for therapy.*

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

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