

7 Things You Should Know Before Starting Physical Therapy

Thinking about starting physical therapy? This free guide walks you through exactly what to expect, how PT helps your body heal, and how to choose the best provider for your goals. Whether you're in pain or just want to move better, this guide is for you.

1. What Is Physical Therapy and How Does It Work?

Physical therapy is a healthcare specialty focused on helping people restore movement, reduce pain, and improve function after injury, surgery, or chronic conditions. At Tualatin Valley Physical Therapy, we use hands-on techniques, exercise therapy, and patient education to help you regain control of your body and get back to doing what you love.

Whether you are recovering from surgery, managing chronic pain, or looking to prevent future injuries, physical therapy provides a safe and evidence-based approach tailored to your specific needs.

2. Common Conditions Treated in Physical Therapy

Outpatient orthopedic physical therapy addresses a wide range of musculoskeletal and neuromuscular conditions, including:

- Back and neck pain
- Joint pain affecting shoulders, hips, knees, or ankles
- Sports injuries such as sprains, strains, or tendon problems
- Post-surgical recovery including joint replacements, ACL repairs, and rotator cuff procedures
- Chronic pain conditions such as fibromyalgia, arthritis, or tendonitis
- Balance problems or risk of falling
- Injuries related to motor vehicle accidents or workplace incidents

3. Benefits of Starting Physical Therapy Early

Beginning treatment early helps reduce long-term pain, lower the need for imaging or surgery, and shorten overall recovery time. By addressing the root cause of your symptoms early, you can:

- Avoid developing new problems caused by compensation
- Restore movement and function more efficiently
- Lower long-term medical expenses
- Prevent chronic conditions from worsening

At our clinic, we believe the best time to begin your journey toward recovery is now. Whether your injury is recent or ongoing, we are here to help.

4. What to Expect at Your First Appointment

We begin with a detailed evaluation that includes your medical history, current symptoms, movement patterns, and personal goals. During your initial visit, you can expect:

- Dedicated one-on-one time with your physical therapist
- Assessment of your movement and strength
- Hands-on techniques to reduce pain or improve mobility
- A customized treatment plan and instruction in home exercises

Our goal is to educate and empower you so that you understand the purpose behind every step of your recovery.

5. How to Choose the Right Physical Therapy Clinic

Physical therapy clinics vary in their approach and quality of care. When choosing a provider, consider the following:

- Personalized care provided by licensed professionals rather than assistants
- Individual attention during every session
- Experience with your specific condition or activity level
- Clear communication and straightforward pricing

At Tualatin Valley Physical Therapy, every session is led by a Doctor of Physical Therapy. Our cash-based model allows us to focus on your recovery without interference from insurance policies.

6. Why Choose a Cash-Based Clinic?

Cash-based care provides flexibility, clear pricing, and more time with your therapist. Advantages include:

- No referral or insurance authorization required
- Clear and transparent costs
- Personalized treatment plans free from insurance restrictions

You deserve care that supports your goals and not paperwork.

7. Frequently Asked Questions About Physical Therapy

Do I need a referral? In Oregon, you can begin cash-based physical therapy without a referral.

How many sessions will I need? The number of sessions varies based on your condition and goals. Many patients notice improvements after just a few visits.

What should I wear? Wear comfortable clothing that allows for easy movement. Try to wear clothing that will allow your PT to observe the problem area(s).

Will I have exercises to do at home? Yes. A home exercise program is an essential part of your recovery.

Ready to Start?

Your path to reduced pain, improved strength, and greater confidence begins here.

Contact us today at (971) 238-5755 or by scheduling your free consultation online to find out how Tualatin Valley Physical Therapy can support your recovery and performance goals.