

# PHYSICAL THERAPY

**Q.** My health insurance doesn't require a physician's referral for me to see a Physical Therapist (P.T.). However, yesterday I called to set up an appointment and the P.T. office wanted a referral to treat me anyway. Why?



**A.** Virginia's access to Physical Therapy law changed April 29, 2008. While it is a step closer to allowing full access to

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the consumer seeking appropriate, necessary care from a qualified P.T., there are some restrictions. The P.T. holding a Direct Access Certificate can evaluate and then treat you without a referral for 14 consecutive business days, only if you have **NOT** been seen by a doctor of medicine, osteopathy, chiropractic, podiatry, dental surgery, nurse practitioner, or physician assistant for the symptoms which you are seeking treatment. If you have been seen by a doctor, the P.T. can **ONLY** evaluate you and then must seek a referral from your doctor. Call your doctor for a referral or the P.T. to do an evaluation.

  
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Personal Issues... Personal Care

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