



*Move Forward.*<sup>™</sup>  
Physical Therapy Brings Motion to Life

## Choosing Your Physical Therapist

When seeking physical therapy services, it's important to know that you have the right to choose your physical therapist.

In most states you can make an appointment with a physical therapist directly, without a physician's referral.

Although a physician or other health care professional may suggest a certain facility or physical therapist based on experience or geographical location, the decision as to where you seek treatment is yours.

Some physicians employ physical therapists or own physical therapy clinics, which means they have a financial incentive to refer patients to their employees or clinic. This conflict of interest can lead to excessive visits and services. Even if you are in a state that requires a physician referral, **you can still choose** a facility other than the one your physician recommends.

### **States With Direct Access To Physical Therapy Services**

Physician referral is not required.\*

Patient is free to choose physical therapist.

### **States Without Direct Access To Physical Therapy Services**

Physician referral is required.

Patient is free to choose physical therapist.

In all states and facilities, physical therapy services should only be provided by a physical therapist or a physical therapist assistant under the direction and supervision of a physical therapist. You may wish to check with your insurance company to verify that the physical therapist whom you have chosen participates in your network.

For more information about physical therapists and the types of conditions they treat, visit [www.moveforwardpt.com](http://www.moveforwardpt.com).

\*Direct access provisions vary state by state. For specific provisions in your state, visit [www.apta.org/advocacy](http://www.apta.org/advocacy). A direct access map can be found under State Government Affairs/Current Issues.

