

Congratulations!

Today is your graduation day! We at Full Range Health Services want to say thank you for choosing us as one of your health care providers. Our goal is to ensure that you continue to experience positive health benefits after your journey with Full Range is complete. In this packet, you will find information on how to continue to promote the positive effects of physical therapy as you continue to work towards your goals.

How to stay safe with exercise:

- Have an open conversation with your therapist about any concerns you may have.
- Know your limitations!
- When performing new exercises, start slow and control your movement.
- Monitor your pain levels; recognize when they are increasing abnormally.

Ways to improve after physical therapy:

- Consistently complete your assigned home exercises and discuss safe progressions with your therapist.
- Monitor your symptoms and be aware of anything abnormal (pain, swelling, bruising, etc.)
- Allow time for your body to recover from exercise. If you would like more information on exercise recovery, ask your therapist about our Refresh™ program.
- Reach out to your therapist if you have any questions or concerns.

Your Life. Your Goals. Your Way.®

Contact Us Today:

Office Number: 610-241-2685

Email: support@fullrangehealth.org

Website: www.fullrangehealth.org



Full Range Refresh™ is a new program we are offering to help with exercise recovery. Whether you are an athlete preparing for your next competition, experiencing increased muscle soreness from exercise, or just feeling stressed about work and need to focus on yourself, Full Range Refresh™ is for you!

With the Full Range Refresh™ Program, you will have access to:

- Normatec Compression
- Flexibility Training
- Manual Therapy
- Virtual Reality Meditation

If you are interested in this program, ask your therapist about the next steps or contact us at the information below.

Contact Us Today:

Office Number: 610-241-2685

Email: support@fullrangehealth.org

Website: <https://www.fullrangehealth.org/refresh/>

Satisfaction Survey

We are interested in receiving your feedback about the care provided by our team. Please take a few minutes to complete this survey and return it to us. Your responses help us to provide the best care possible.

5: Extremely Satisfied 4: Very Satisfied 3: Satisfied 2: Very Dissatisfied 1: Extremely Dissatisfied

Did you hear from your therapist in a timely manner? Yes ☐ No ☐

Were your appointments scheduled at a convenient time?

5 4 3 2 1

Did your therapist act in a professional and respectful manner to you during your appointments?

5 4 3 2 1

Did your therapist answer your questions and explain things in a way that you could understand?

5 4 3 2 1

Did your therapist demonstrate knowledge about your diagnosis and the treatment protocol/plan?

5 4 3 2 1

Were therapy goals and the role of therapy discussed with you during your visits?

5 4 3 2 1

Were you satisfied with your treatment time, thoroughness of the treatment, and the overall attentiveness of your therapist? 5 4 3 2 1

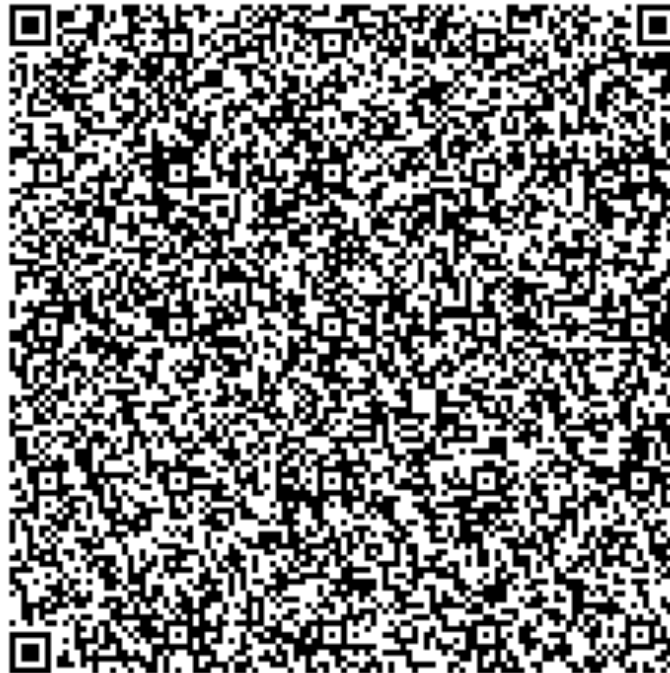
Do you have any specific comments about your therapy that you wish to share with us? We appreciate your feedback!

Ways of submitting your Satisfaction Survey:

Email: support@fullrangehealth.org Fax: 877-732-7311

Mail: 319 N. Pottstown Pike Suite 101, Exton PA 19341

Did you enjoy your experience at Full Range Physical Therapy? Leave Us a Review on Google!



Contact Us Today If You Have Any Questions:

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