

OUTPATIENT CLINIC

Community Physical Therapy (CPT) was founded in 1986 and has become a leader in providing Home Health Care and Skilled Nursing facility staffing and management. In 1996, CPT opened a Medicare certified outpatient clinic specializing in the treatment of musculoskeletal conditions based on the principles of Mechanical Diagnosis and Treatment (McKenzie). In April of 2010, we opened our second clinic located in Elgin.

Our therapists have numerous years of experience in the treatment of orthopedic, sports and work-related injuries. In addition, our therapists are either credentialed or diplomaed in Mechanical Diagnosis and Treatment principles. With this advanced training, our average number of visits for non-operative cases is seven. This method allows us to keep the cost down and return patients to work, sport or function quickly.

Our therapists also treat neurological conditions as well as perform vestibular rehabilitation.

OUR GOAL

The goal of CPT is to return you to a full and optimally functional lifestyle, with a complete understanding of your injury and how to prevent recurrences. CPT believes that all persons should benefit maximally from all life experiences despite certain disabilities associated with trauma, degeneration, chronic or congenital problems.

THE MECHANICAL APPROACH TO PHYSICAL THERAPY

- A mechanical evaluation is performed to identify dynamic movements or static positions that decrease and abolish symptoms (directional performance)
- Treatment is designed based on directional preference to abolish symptoms and improve function
- Education is provided throughout the entire treatment to empower you to take control of your condition.
- Emphasis on prevention of recurrences and how to self-treat recurrences

PERSONALIZED CARE

- One-on-one care by a licensed Physical Therapist or licensed Physical Therapist Assistant
- No waiting list! You are offered an appointment within 48 hours
- Written reports within 24 hours after initial evaluation and prior to your follow-up appointments with your physician
- Early morning, evening and Saturday appointments are available
- Individualized treatment programs

TREATMENT PHILOSOPHY

CPT's treatment philosophy is based on a mechanical approach with limited use of modalities to treat the following conditions:

- Arthritis Management
- Extremity Rehabilitation
- Fall Prevention
- Functional Capacity Evaluations (Addison only)
- Headache Management
- Joint Replacement
- Post-operative Care (Spine and extremity)
- Pre/Postnatal program for low back pain
- Spinal Pain Management
- Sports Rehabilitation
- Vestibular Rehabilitation
- Work Conditioning (Addison only)

PRESENTATIONS

CPT therapists are available for various presentations to industry and social groups. Some of the topics have included:

Body mechanics and injury prevention
Proper Warm-up for activities
Prevention of back and neck pain

THIRD PARTY PAYOR PLANS

As a service to you, CPT will submit claims to your primary insurance carrier. You will be responsible for any remaining balance or deductible. Co-payments are due at the time of service.

MANAGED CARE

CPT has numerous managed care contracts and is actively seeking new ones. Please call to inquire if we participate in your plan.

MEDICARE

CPT will submit claims to Medicare and any secondary insurance plans.

WORKERS' COMPENSATION

CPT will submit claims on approved workers' compensation cases. In order to verify coverage, we need the insurance carrier, claim number and a contact's name and phone number.

LITIGATION

Payment is required in full at time of service.

SELF-PAY

Payment is required in full at time of service.

Community Physical Therapy & Assoc., LTD

721 West Lake Street, Suite 110
Addison, IL. 60101
Phone: 630-543-7450
Fax: 630-543-7475



COMMUNITY PHYSICAL
THERAPY & ASSOC., LTD

"Your personal physical therapist"

E-mail: outpatientclinic@cptrehab.com
www.cptrehab.com

Hours:

Monday through Friday and
Saturday mornings by appointment
Limited evening appointments available