

***Why choose an out-of-network physical therapy provider like
Core Dynamics PT?***

- **Guaranteed, one on one time with a Doctor of Physical Therapy**
 - An in-network or traditional PT setting, the physical therapist will likely be treating 2-4 other patients at the same time they are treating you.
- **Focus on manual therapy and hands on corrections along with specific exercises to support those corrections.**
 - Typically, in-network the focus is more on exercises
- **Typically, the patient needs less visits per week and less overall visits compared to a traditional or in-network provider**
 - This is due to the one on one time you receive in the out-of-network setting
- **Initially more upfront cost before reimbursement, but overall there is similar cost compared to a traditional or in-network provider**
 - For example, if you see an in-network PT 3x/wk and you have a \$25 copay versus seeing an out-of-network PT 1x/wk for \$75
 - Out-of-network you will have 45-60 minutes of one on one time with the PT at each session, compared to in-network, you will typically have about 10 minutes of one on one time with the PT at each session
- **Most insurance plans have out-of-network coverage and reimbursement for physical therapy services.**
 - It's worth checking out your coverage
- **Most insurance plans will allow you to use your FSA and HSA accounts**
- **At Core Dynamics PT, we offer the convenience of flexible scheduling and coming to your home or office.**

If you have any questions please call or email
Dr. Lisa V. Martin, PT, DPT using the below information.