

## ***SPORTS MEDICINE, INC.***

### **Policy: Limited Rehab Membership**

All OPT Patients are eligible for a membership @ TBS for a reduced rate of \$20.00 per month

Unlike a membership purchased at the end of physical therapy treatment, this membership is NOT a replacement to the physical therapy treatment plan for the injured area. This is an adjunct to help the patient maintain, or achieve, total body fitness while rehabbing at OPT.

This membership will be reviewed for continuation every 30 days. The total membership period will last no longer than a period of 6 months per patient. 1 per incident

The patient's referring physician will be advised of this membership and regular updates of medical status will be provided along with progress notes.

Letters will include an option of Limited Rehab Membership in the treatment plan. By choosing this option, a statement will be added to the letter as below:

“As an enhancement to our treatment, your patient's protocol will include a ‘Limited Rehab Membership’ to The Body Shoppe Health and Fitness Center.”

When monthly progress notes go to the physician for rehab patients on a membership, the note should include progress achieved due to the membership. Progress will be tracked by exercise log filled in by the patient which is checked every 1-2 weeks by PT staff.


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Process:

1. P.T. will complete a request and forward completed paperwork to OPT receptionist
2. If needed a nautilus appointment will be set up with PTA
3. P.T. must complete the exercise recommendations and restriction forms.
4. OPT & TBS will scan in exercise recommendations forms into membership file
5. P.T. will advise patient that they must continue to book physical therapy appointments **at least 2 times per Month** in conjunction with membership
6. Membership is tracked in Club System
7. PT/PTA staff will regularly track patient's attendance and progress and document in the medical record.

Written: 2/2018  
Approved:

Reviewed/Revised: 8/2018  
Signature

Reviewed/Revised: 2/21/2019  
Signature:   
Date Signed: 2/21/19  
Reviewed/Revised:  
Signature:  
Date Signed:

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