

# REHAB SPECIALISTS

PHYSICAL THERAPY  
OCCUPATIONAL THERAPY  
AQUATIC THERAPY  
PEDIATRIC THERAPY  
HOME CARE THERAPY  
WOMEN'S PHYSICAL THERAPY

415 N. CRESCENT DR. #130  
**BEVERLY HILLS**, CA 90210  
PH: 310.273.0877  
FX: 310.273.1189

2730 WILSHIRE BLVD. #533  
**SANTA MONICA**, CA 90403  
PH: 310.828.0101  
FX: 310.828.0088

5359 BALBOA BLVD., SUITE A  
**ENCINO**, CA 91316  
PH: 818.849.5396  
FX: 818.849.5736

[WWW.REHABSPECIALISTSINC.NET](http://WWW.REHABSPECIALISTSINC.NET)

Dear New Patient,

Welcome to Rehab Specialists Inc.,

It is our pleasure to meet you. We want to make your time here a pleasant and enjoyable experience.

Our goal is to help you improve movement and function, relieve pain, and expand your movement potential. Through evaluation and individualized treatment programs, our therapists can both treat existing problems and provide preventive health care for people with a variety of needs. Our staff includes Physical Therapists, Occupational Therapists, Massage Therapists, Certified Lymphatic Therapists, Certified Pilates Instructors, and Yoga Instructors. We offer aquatic therapy as well in an indoor warm salt water pool located at our Santa Monica and Encino location. Our office staff is friendly and ready to assist you with any of your insurance or administrative questions.

Treatment may include hands-on mobilizing stiff joints and tissue, exercise, stretching, aquatic exercise and education. The goals of Physical Therapy/Occupational Therapy are to restore or achieve optimal movement and function and to relieve pain.

You should notice changes in how your body is functioning during or after therapy. It is always good to give feedback to your Therapist regarding any changes in your symptoms, good or bad, so we may modify your treatments appropriately.

Our office hours are:       Monday-Thursday 7:00 AM - 7:00 PM  
  Friday 7:00 AM - 5:00 PM  
  Saturday 7:00 AM – 1:00 PM

Please keep your scheduled appointments and try to make your appointments on time. While we understand that circumstances arise, changing your time without notifying us may affect the waiting time of our other patients. If, for any reason, you cannot make your scheduled appointment, please call our office at (310) 273-0877, (310) 828-0101, or (818) 849-5396. If you have any questions, please do not hesitate to ask.

Again, welcome to Rehab Specialists Inc!

Sincerely,

Gail Pekelis, MA, PT, CLT

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Patient name: \_\_\_\_\_ Gender:(M)\_\_(F)\_\_\_ Birthdate: \_\_\_/\_\_\_/\_\_\_ SS# \_\_\_-\_\_\_-\_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_  
Employer: \_\_\_\_\_ Occupation: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_  
\*How did you hear about us? \_\_\_\_\_  
Referring Physician: \_\_\_\_\_ Phone: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Phone: ( ) \_\_\_\_\_

## PATIENT CONSENT

Our Notice of Privacy Practices provides information about how we may use and disclose protected health information about you, our patient. The Notice contains a Patient Rights section describing your rights under the law.

With my consent, Gail Pekelis, MA, PT, CLT., and staff may use and disclose protected health information (PHI) about me to carry out treatment, payment and healthcare operations (TPO). Please refer to our office's Notice of Privacy Practices for a more complete description of such uses and disclosures.

With my consent, Gail Pekelis, MA, PT, CLT., and staff may call my home or other designated location and leave a message on voice mail or in person in reference to any items that assist the practice in carrying out TPO, such as appointment reminders, insurance items and any call pertaining to my physical therapy care.

With my consent, Gail Pekelis, MA, PT, CLT., and staff may e-mail or mail to my home or other designated location any items that assist the practice in carrying out TPO, such as appointment reminder cards, patient statements, and advertisements for our services.

I have the right to request that Gail Pekelis, MA, PT, CLT., and staff restrict how it uses or discloses my PHI to carry out TPO. However, the practice is not required to agree to my requested restrictions, but if it does, it is bound by the agreement.

By signing this form, you consent to use and disclosure of protected health information about you for treatment, payment, and health care operations. You have the right to revoke this Consent, in writing, signed by you. However, such a revocation shall not affect any disclosures we have already made in reliance on your prior Consent. If I do not sign this consent, Gail Pekelis, MA, PT, CLT., and staff may decline to provide treatment to me.

The patient understands that:

- Protected health information may be disclosed or used for treatment, payment, or health care operations.
- The Practice has a Notice of Privacy Practices and I have had the opportunity to review this Notice.
- The Practice reserves the right to change the Notice of Privacy Practices.
- The patient has the right to restrict the uses of their information but the Practice does not have to agree to those restrictions.
- The patient may revoke this Consent in writing with a verifiable signature on file, at any time and all future disclosures will then cease.
- The Practice may condition receipt of treatment upon the execution of this Consent.

\_\_\_\_\_  
Signature of Patient or Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name of Patient

\_\_\_\_\_  
Relationship to Patient

\_\_\_\_\_  
Print Name of Legal Guardian

\_\_\_\_\_  
Witnessed By: \_\_\_\_\_  
Practice Representative



## Patient History

Patient Name: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB: \_\_\_\_\_

1. Have you ever had?: (If yes, please explain)

High Blood Pressure	NO/YES	_____
Heart or Circulation Disorders	NO/YES	_____
Seizures	NO/YES	_____
Dizzy Spells	NO/YES	_____
Diabetes	NO/YES	_____
Cancer	NO/YES	_____
Arthritis/Osteoarthritis	NO/YES	_____
Osteoporosis	NO/YES	_____
Immune Deficiency Disease	NO/YES	_____
Other	NO/YES	_____

2. Please list surgeries you have had along with procedure and dates, if possible:

\_\_\_\_\_  
\_\_\_\_\_

3. Please list recent diagnostic studies (CT Scan, MRI, X-Ray), with dates and facility, if possible:

\_\_\_\_\_  
\_\_\_\_\_

4. Do you have any METAL anywhere in your body, pins/plates post fracture, or pacemaker (other than teeth)?  
NO/YES. If YES, please describe:

\_\_\_\_\_

5. For women only: Are you currently pregnant? NO/YES Date of last menstrual cycle: \_\_\_\_/\_\_\_\_/\_\_\_\_

6. Do you have any abnormal trouble with vision? NO/YES with hearing? NO/YES

7. List any allergies you may have:

\_\_\_\_\_

8. Have you ever taken steroids or anti-coagulants for an extended period of time? NO/YES

9. Have you had an unusual weight gain or loss? NO/YES

10. List any medications you are now taking:

\_\_\_\_\_  
\_\_\_\_\_

11. Have you ever had physical therapy treatments before? NO/YES

If YES, please indicate where, when, and for what problem:

\_\_\_\_\_  
\_\_\_\_\_

12. Describe briefly the history of your present ACCIDENT, INJURY, OR ILLNESS:

Onset date: \_\_\_\_\_ Description: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

13. Date of next Doctor appointment: \_\_\_\_/\_\_\_\_/\_\_\_\_

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## Welcome to Physical Therapy Rehabilitation

We urge you to please feel free to discuss any questions you may have regarding the following policies with our patient account personnel. We are here to assist you with your financial questions.

**CASH PATIENTS:** Payment is made at the time of each visit. You have the option of leaving a credit card number on file to charge for any late cancellation fees. The charge of \$75 will be applied for any late cancellations (made under 24 business hour notice).

**ALL PATIENTS:** We will, **as a courtesy**, verify your insurance coverage and bill your primary insurance carrier. It is your responsibility to meet your deductible and/or any co-payments that your insurance policy does not cover. All co-payments are payable at the time of each visit, unless other arrangements have been made prior. If we do not receive payment from your insurance carrier within **45 days of billing**, you will be fully responsible for any outstanding balance.

We ask that you furnish us with the following information: A prescription for physical therapy services from your medical doctor, and complete billing information so that your insurance billing will be as efficient as possible.

**Medicare patients:** We will bill Medicare. Please remember that you will need a **valid prescription every 30 days** to continue physical therapy services per Medicare guidelines or you may be responsible for any amount not allowed by Medicare and/or a deductible amount. As a courtesy we will bill your secondary insurance.

**Blue Cross patients:** We are a participating provider for Blue Cross of California. We will bill all claims for you. You are responsible for your deductible, coinsurance and co-payments.

**HMO/PPO patients:** We are an HMO provider for UCLA Medical group and Access Medical group only. You will need a referral/authorization from your primary care physician and/or medical utilization review board. This must be in writing and should be obtained before your first visit. If you do not have this referral/authorization, you will be responsible for the full payment amount.

**MISSED APPOINTMENTS:** In our busy lives, especially with work and children, sometimes you may forget or miss an appointment. This unfortunately causes a lot of scheduling and time allocation problems for us and denies another patient timely access for treatments. **If you cannot keep your appointment, you must notify us 24 business hours in advance not including weekends. Cancellations less than 24 hours in advance will be subject to a \$75 charge, including cash patients.**

- You are financially responsible for all services not covered by your insurance company.
- At each visit, you will be expected to pay the amount verbally quoted to us by your insurance company, including outstanding deductibles.
- We accept cash, check, money orders, and credit cards.
- Patient responsibility balances over 30 days will be charged an 18% interest fee.
- There is a \$20 fee for returned checks.

I understand that during the course of my Physical Therapy treatment, it may be necessary for my treating therapist to utilize supplies that pertain to my particular condition. I understand that these items are not billable to my insurance company and thus are my financial responsibility.

Thank you for your cooperation.

I have read and understand the above policies of Rehab Specialists Inc.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date