

# PhysioFit Physical Therapy

## Notice to Our Medicare Patients

On January 1, 2006 Congress imposed a limit on payments for physical therapy treatments for Medicare patients. This is a cost saving measure that will impact many of our patients. Unfortunately, we have no control over this limit. The American Physical Therapy Association encourages you to write your senators and Congressional representatives to describe the impact of this limit on your rehabilitation.

### **What is the limit (commonly called a “cap”)?**

- The CAP is \$1,840 in allowed fees for physical therapy and speech therapy combined
- Medicare pays 80% of the allowed fees and you (or your supplement or secondary insurance) are responsible for the other 20%

### **How do I know when I hit the CAP?**

- It is important that you keep track of your physical (and speech) therapy visits to our clinic or any other facility since January 1, 2009
- We estimate that the CAP will allow you to have from 10-16 appointments, ***but it depends on your specific regimen of treatment.*** When you get close to your limit, we can ask our biller for an estimate of how many more visits you might have. Note – we cannot give you an exact number, only an estimate.

### **What are my options for therapy after I hit the CAP?**

- Medicare has implemented a series of exceptions to the CAP for people with specific conditions or complicating factors. You may qualify for an exception – your therapist can let you know if your condition is exempt from the CAP.
- Congress has said that if further therapy is medically necessary, you can go to a hospital outpatient physical therapy clinic and Medicare will continue to pay (i.e. the CAP is being imposed on private, non-hospital practices only)
- If you have a secondary insurance (not just a Medicare supplement), they may begin covering the entire visit. You should call them to find out.
- You can pay for your therapy yourself - we charge \$ 105.00 per session for self-pay patients.
- PhysioFit also has some other options that may work for you!! See below for details.

### **Other options at PhysioFit**

- Our Maintenance Program allows you to continue to do your exercises and use our facilities with the guidance of an aide. The cost for a 30 minute session is \$25 and for a 60 minute session \$45. Discount packages are available.
- If you just want to use our facilities, you can do an Independent Gym program for \$40 a month, or \$10/visit. Come and use our equipment during our business hours - we just ask that you give priority to any therapist with a patient needing to use a particular piece of equipment.
- Consider one of our Pilates or YogaPilates classes to continue your rehabilitation.
- We also offer private Pilates, Personal Training, and Massage Therapy.