



Stony Brook Southampton Hospital

Physical Therapy and Rehabilitation FAQs

How long will my evaluation take?

Usually about an hour.

How long is the typical treatment?

Treatment time varies depending on your needs and treatment plan. Typically, treatments last between 45 minutes and an hour.

What should I wear?

Loose, comfortable clothes, sneakers or comfortable shoes; please bring shorts if your treatment involves the hip, knee, or ankle.

How long will I need physical therapy?

Every patient is different. Length of stay is dependent on your diagnosis, medical prescription, functional progress, and need for skilled treatment. Your therapist will perform a re-assessment monthly to measure progress and the need for further treatment.

Will I see the same therapist every time?

The therapist who performs your evaluation will design your treatment plan, which can be easily followed and progressed by any of our other therapists. We make every effort to schedule you with the therapist of your preference.

What will I need to bring?

Please bring your insurance information and your prescription.

What paperwork will I have to fill out?

We do ask that you fill out a few intake forms. The process should take approximately 15 minutes. We ask that you arrive at least 15 minutes early for your first appointment to allow time for paperwork. For your convenience, you can download, print, and fill out these forms prior to your visit. If you bring the completed forms with you, you'll save time in our waiting room.

Downloadable forms are available at www.southamptonhospital.org
(Click on Hospital Services, then Physical Therapy & Rehabilitation)

Please allow enough time to park and make your way to our Department on the second floor of the Hospital. It is important to be punctual for your appointments in order to ensure that you receive your full treatment session as well as to be courteous to our other patients.