



Live Without Limitations

Has this happened to you?

Have you ever been to a doctor, physical therapist, or anyone in healthcare and felt like you only had five minutes with them before you were handed off to an assistant?

Have you left an appointment with some questions still left unasked and unanswered because you were told, "we'll get to that next time"?

Have you ever felt like a customer at a deli line on a holiday weekend holding number 78 while they are currently serving number 15?

Why does this happen?

Essentially it comes down to insurance companies stipulating a low reimbursement rate to healthcare providers. To compensate for the lower contracted rate, healthcare providers try to make up the payment difference by seeing more patients daily and doing this by using assistants or extenders to do most of the "treatment."

Sometimes insurance companies will also dictate or influence your plan of care to your healthcare provider—remember *in-network* providers sign an agreement to play by the insurance companies' rules!

In most physical therapy practices you'll get to see the physical therapist for about 20 minutes before their technicians or assistants take over performing the rest of your treatment so the therapist can see more patients and catch up on their paperwork.

Imagine an innovative way!

You want to be back in action without any pain or limitations and you want to achieve that ASAP! You also know how important being to do "your thing" is not just for physical reasons, but also for your mental and emotional health!

I believe in spending all my time and energy with you problem solving, creating solutions, and providing resources so you can get me out of your scheduling book ASAP!

I believe being an athlete myself, a life-long learner, and "tinkerer" helps me understand your need to get back to doing the voodoo you love to do!

I believe together we'll know —not a third-party insurance company—the best strategies for getting you moving and grooving and quite honestly, I became a physical therapist to help people... not do paperwork!

How Much Does It Cost?

At each treatment session you will pay a flat rate. At the conclusion of each session, I will provide you with a detailed invoice containing the necessary diagnosis and billing codes for you to submit to your insurance provider—there's a video detailing more on this on website: www.1daybetternow.com/physical-therapy

The exact amount of reimbursement depends on your insurance benefits for an “out of network provider.” You can find the information online at your insurance company's website or call them directly—speak to a person if you can!

Rates

Initial Evaluation: \$110

Follow-Up Treatment Session (55 min): \$80

Quick “Tune-Up” (25-30 min): \$45

Health Savings Accounts (HSA) are accepted.

Checks can be made payable to: Denny PT Solutions.

If paying by a card there is a 3.99% convenience fee.

Late night or weekend appointments will be subject to an up-charge.

Discounts

1. If you are a teammate and or athlete currently training at [Moose\(L\)-Up Redemption Club](#), you will receive a professional discount rate:

Initial Evaluation: \$100

Follow-Up Treatment Session (55 min): \$70

Quick “Tune-Up” (25-30 min): \$40

2. If you are planning to attend PT two or three times a week (most likely because you had **surgery** or a serious injury) we can do custom packages based on surgery/status.

For example, if you underwent a rotator cuff/labral repair, we would automatically default to 25-30 min sessions. Every situation is different so please contact me for your specifics and we'll go from there.

Practical Math

Locally, a typical physical therapy session costs \$275-\$300 for about 20 minutes of actual time with a physical therapist, and 30-40 min with an assistant or tech. If your insurance company pays 80% because they are an in-network provider, you still owe \$55-60 out of pocket.

When we work together, if your insurance company only reimburses you say 50-60% for an out of network provider, you end up paying \$44-\$55, yet you'll receive 60 minutes of hands-on time which facilitates faster results!

What is your time worth?

How soon do you want to get back to moving and grooving pain-free?

No-Show and Cancellation Policy

I understand unexpected circumstances come up in life. However, if you no-show for a scheduled session or fail to provide 24 hr notice to change your scheduled session, you'll be charged \$50 for an Initial Consultation or Follow-Up, and \$25 for a Tune-Up because that time was blocked out and other clients were unable to come in then.

Where are You?

My office is located inside Moose (L)-Up Redemption Club, a training center and gym for athletes and fitness enthusiasts located at [2445 Bethany Rd](#), Sycamore, IL 60178.

You'll see the business Fastenal out in front on the North side of road. Turn in there and park on west side (side of the building with the only overhang). You'll see a glass door with "Denny PT Solutions."

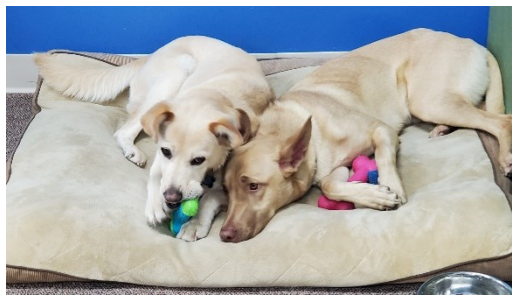
Walk right in and if the clinic door to your immediate right is open, walk in, if it's closed, you can wait by bench or look around gym area...just be on the lookout for flying athletes!

How to Schedule?

You can schedule by clicking on link to website attached above or by directly clicking calendly.com/dennypt.

Therapy Dogs

Emma and Reece are on site and ready to entertain you! Both will bark initially as a "doorbell" for me. Emma will spend most of her time on the bed and Reece will be looking for you to play fetch with her!



Contact Info

Text or email with any questions:

815-761-7262

dennypt@comcast.net

1daybetternow.com/physical-therapy



Stuff I don't always share

A friend of mine read through this document—before I added this section—and commented I didn't have any information about my skills and experience.

I believe God blessed me with the skills I have and the experiences I've endured, yet if you want to know some more nitty-gritty details:

- Graduated Magna Cum Laude from N.I.U—watching “classic movies” before tests was my secret weapon!
- Received my doctorate from Physical Therapy Institute in Kentucky—still prefer to just be called Denny.
- Earned Orthopaedic Clinical Specialist (OCS) Certification through American Board of Physical Therapy Specialists (ABPTS)—just means I excel at working on tweaked muscles and joints!
- Received Certified Myofascia Trigger-Point Therapist (CMTPT) distinction becoming one of only a handful of physical therapists at the time to dry-needle in IL—another useful tool in the toolbox
- Teach other physical therapists and healthcare providers in workshops and seminars on various topics—I believe I should pass on what I know
- Earned my Kinesio Taping Certification (KTC) before it was made popular by Kerri Walsh's 2008 volleyball performance—unfortunately these skills don't translate to very efficient gift-wrapping!
- Received Certified Strength and Conditioning Coach (CSCS) certification through the National Strength and Conditioning Association (NSCA)—we were made to move and groove!
- Enthusiastic obstacle course racer, scuba diver, woodworker, and voracious reader. German-Irish Southsider from Chicago.