

Bodywork For Wellness

Manual Physical Therapy & Therapeutic Massage, PLLC
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Spring '10 Newsletter

Updates on Policies and Procedures: As always thank you all for your continued support of Bodywork for Wellness, over the years many of you have grown with me and more growth is occurring so I want to share the news with you. Several of these are standing policies being put into writing, others are new. Please be sure to read them all completely. Unless otherwise noted these changes will take effect as of March 22, 2010.

- **Change in hours of operation:** I will be offering new hours as of 4/5/10, they will be as follows:
As always sessions are by appt only and 24hrs notice is needed to avoid a charge to cancel a session.
Mondays 9:45am - 6:00 pm
Wednesdays 9:00am - 3:15pm
Thursdays 9:45am – 6:00pm
Fridays 9:00 am – 2 pm
- I view our treatment as a partnership and with that you always get my best skills to date, as I continue to add to my training several times per year. As the client and a partner in your own health care, there is a need for a level of dedication and compliance to therapy to allow us the best opportunity to reach the maximal desired goals and outcomes. Therefore, it is essential that compliance with advised frequency of sessions, home exercises/self treatment, communication, and any other therapist recommendations all be recognized and implemented to the highest possible level during your care. Lack of any of these components may hinder your progress.
- Often it is necessary to have several visits to determine that the care offered at Bodywork for Wellness is a match to your needs for therapy. In honor of your commitment, time, and resources, after 3 visits your care plan and results of treatment will be assessed by the therapist and a determination will be made if further therapy sessions are indicated, or if referral to another level or kind of care is in your best interests. My skill set provides relief and results for many clients but this work is not always the best tool of every client. In my experience, if I feel that I can not further assist you I will let you know and refer you on.
- As of April 5th 2010 there will be a new price for the initial evaluation. Initial evaluations are always a minimum of 75 minutes in length and will now be charged at their full value of \$110.
- In order to provide a practice with heart and soul, I continue to be a practitioner who is out of network with all insurances. There will be some minor changes in the form of receipts you receive for treatment. Additionally, I will provide receipts after groups of 4-6 visits. It will be up to the client to request receipts as needed as I am attempting to be eco-friendly and not waste paper. Receipts will only be provided if you have out of network benefits or flex spending and need to submit receipts. Also, prior authorization and approval of any visits is the responsibility of the client. Should you need support of your treatment for insurance I will provide your notes to you as needed, but I will not be able to offer any more than what is documented in your chart. As well a HIPAA release form is required to release any records as all records for treatment are confidential.
- It is very important for this work to be done on the skin and proper attire tank top and shorts for women and shorts for men is necessary as well as no oils, creams, or lotions should be worn on the skin prior to treatment, and perfumes and colognes should be avoided until after the session
- I will no longer be accepting patients who are actively in or anticipate being in litigation related in any way to any injury or body area that my physical therapy services may address during the course of treatment.

If you have a comment or question, or to learn more about Bodywork for Wellness please visit my website or call:

www.Bodyworkforwellness.com

518-424-6487

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