

For Patients

Your First Visit



Our goal at Cottage Rehab & Sports Medicine Services is to treat you like family, respecting your individuality and treating you with friendliness, courtesy and compassion.

We take steps to ensure that we will maintain open lines of communication regarding all aspects of your treatment.

Our goal is to schedule your first appointment within 24-48 hours of contacting us, within reasonable limits of your schedule. We also maintain flexible scheduling throughout your follow-up appointments.

Our treatment mission is to help you recover faster and get back to maximum functioning as quickly and safely as possible.

For your first visit, please arrive 15 minutes in advance so that we may take your health history and register you as a patient. (If you wish to do some of the paperwork in advance to expedite your appointment, simply print the forms below, complete them and bring them with you.)

You will meet one-on-one with a physical therapist who will conduct a thorough evaluation of your condition or injury and discuss treatment options.

Please wear loose-fitting, comfortable clothing or bring it with you. Also bring any notes as well as a list of both prescription and over-the-counter medications you take regularly.

Communication between you and your therapist is vital, so if you normally wear hearing aids or use corrective lenses, please ensure they are in place for your appointment.

We offer complete confidentiality of all your personal health information.