



Great Things Happen
Here Every Day

Direct Access/Self Referral at WTRC

- TX-HB 29, passed in September, 2019, allowing physical therapists with at least 1 year of experience to assess and treat patients for 10 business days without a referral from a doctor, dentist, chiropractor, nurse practitioner or physician's assistant. A similar bill has already been in place for speech language pathology for some time.
- Patients can request to see a physical or speech therapist without referral from a physician.
- Insurance will NOT be filed/billed- it will be self pay.
 - Initial Visit= \$150.00 subsequent visits= \$100.00
- Payment is expected when services are provided. No exceptions.
- HSA/FSA funds can be used for payment.
- The number of treatments is restricted: 10 business days from the date of evaluation for physical therapy and 15 business days for speech therapy.
- Any care required past these time frames will require a referral and can be billed to insurance.
- A plan of care will be established between patient and therapist at the initial assessment. The prognosis or need for any imaging or referrals will be discussed. Not all conditions can be treated in this limited amount of time.
- Admissions paperwork MUST be filled out and signed before evaluation. Paperwork includes: Consent to Treat, Disclosure Form, Insurance Waiver, and Cash Based Payment Form.
- Physical therapists (PTs) are trained to assess and manage movement dysfunctions to decrease discomfort, enhance physical abilities, and/or prevent the onset or progression of physical impairments.
- Speech-language pathologists (SLPs) work to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in children and adults.

Direct Access/Self Referral FAQs

What is direct access? Direct access means the removal of the physician referral mandated by state law to access physical and speech therapists' services for evaluation and treatment.

What departments at West Texas Rehab offer direct access? Physical Therapy and Speech Language Pathology (speech therapy)

What does my insurance pay? Self referral is cash pay only. Initial assessment \$150 and \$100 for subsequent treatment. Payment will be collected at time of service.

Can you pay for services with a Health Savings Account (HSA) or Flexible savings account (FSA)? Yes, WTRC will accept payments with HSA or FSA.

How many visits can a therapist treat from a self referral? A self-referral will allow a PT to treat for 10 consecutive business days and a PT that has completed a residency or fellowship and speech therapist can treat for 15 consecutive business days.

Can you continue therapy past the 10-15 consecutive days time? Yes, but a referral will need to be obtained from the physician.

Is my problem something physical therapy can help, if I haven't seen my doctor? Therapists are trained to perform clinical tests to identify structures that are generating your pain or movement dysfunction. The results of the initial assessment will guide the therapist in your treatment but may also indicate the need for you to see a physician. Your plan of care will be discussed during this initial visit.

Can a PT order imaging like an MRI or X ray? No, the initial assessment will consist of clinical testing. If these tests suggest imaging is needed, you will be referred to your physician.

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