

Questions About Physical Therapy

Over time, ALS will impact your physical capabilities. You may have a physical therapist on your care team, or you may seek out an independent physical therapist. They'll recommend exercises to address range of motion, strength and pain that may develop from stiff joints. Below are questions for your physical therapist. These questions may be answered over a series of visits.

There is often a lot of information to absorb during a clinic visit. Take a family member or friend with you who can take notes, and ask your care team whether you can record your visit so you can listen to their answers and advice again at a later time.

Provider Name:

Provider Contact Information:

1. What is your experience working with ALS patients and their families?

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2. Will you lay out a comprehensive care plan for my individual needs?

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3. How will you measure my progress over time? Will we identify specific goals/targets together?

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4. Understanding that ALS is a progressive disease, how will you modify my care plan, as needed?

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5. What types of exercises do you recommend? Will you identify exercises to do at home?

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6. How will we address areas where I experience weakness and/or atrophy?

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7. How often will I need to come in for physical therapy? (i.e. weekly, bi-weekly)

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8. Will my insurance cover physical therapy?

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9. What are some of the challenges you anticipate me experiencing?

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10. What is the difference between a physical therapist and neurological physical therapist?

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Write down other questions you have:

- 1.
- 2.
- 3.
- 4.
- 5.

I AM ALS does not provide medical advice. Please discuss questions and decisions related to your diagnosis and medical care with your health care team.

