



HFM Rehab Plus
Harbor Town Campus
1650 S. 41st Street
Manitowoc, WI 54220
(920) 320-3100

HFM Lakefront Campus
800 Lakefront Way
Two Rivers, WI 54241
(920) 320-3100

hfmhealth.org/rehab

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Direct Access Therapy



What is direct access therapy?

Direct access therapy is just that, an opportunity to seek physical therapy when you need it - without the need for a physician's referral or prescription. It allows you to be evaluated and treated by a licensed physical therapist without spending the extra time and money to first see a physician.

Direct access therapy is another way Holy Family Memorial is committed to providing you with the right care, in the right setting, for the right outcomes.

Who is eligible for direct access therapy?

Direct access therapy is available for people with private insurance who have musculoskeletal problems. Children under the age of 18 must have a parent with them in order to participate in therapy.

While not all conditions apply, direct access to outpatient physical therapy is ideal for the following conditions:

- Sports and recreational injuries
- Work-related injuries
- Cumulative trauma disorders
- Low back pain
- Neck pain
- Vestibular disorders
- Muscle and joint strains or sprains
- Gait and balance disorders
- Arthritis disorders
- Foot pain



Getting started with direct access therapy.

If you have a condition that could benefit from physical therapy, consider the direct access option.

1. Call HFM Rehab Plus.

Call (920) 320-3100 and indicate you are interested in direct access therapy. HFM Rehab Plus will ask for information about your condition and insurance coverage.

2. HFM Rehab Plus coordinates insurance approval.

Our staff will contact your insurance to receive approval for direct access therapy.

3. Schedule your appointment.

Once we receive approval from your insurance, HFM Rehab Plus staff will contact you to setup your therapy appointments.

HFM Rehab Plus hours.

HFM Harbor Town Campus

Monday-Thursday: 6 a.m.-5:15 p.m.

Friday: 6 a.m.-4:30 p.m.

HFM Lakefront Campus

Monday: 9 a.m.-4:30 p.m.

Tuesday: 6:30 a.m.-5:30 p.m.

Wednesday: 7:15 a.m.-4:30 p.m.

Thursday: 6:30 a.m.-5:30 p.m.

Friday: 7:15 a.m.-12 p.m.

What is a physical therapist?

Physical therapists are educated at the post-baccalaureate level and receive extensive education and clinical training in the evaluation, diagnosis and intervention of patients with functional limitations, impairments and disabilities. These individuals are qualified to recognize when a patient presents with signs and symptoms that are beyond physical therapy and will refer to a physician for care.