

## BILLING AND FEES

Many insurance companies will cover a portion of your treatments. You will be responsible for co-pays, deductibles, and any treatments not covered by your plan.

There are many insurance plans and if you don't see your plan listed below, please call my office to see if we participate

We are participating providers of:

- Aetna
- Blue Cross
- Blue Shield
- CDPHP
- Medicare
- MVP
- No Fault
- United Health
- Univera
- Workers' Comp

It is requested that your co-payment is paid at the conclusion of every therapy session. In the event you have numerous appointments per week, arrangements can be made with the office manager to pay for your treatments at the end of the week.

## MISSION STATEMENT

To provide the highest quality physical therapy in a friendly, relaxing, and caring environment while achieving the greatest functional results for my patients.



### Contact us

(518) 370-0265 (Office)

(518) 377-5777 (Fax)

On the web: [www.sandrawellspt.com](http://www.sandrawellspt.com)

Email: [Sandra@sandrawellspt.com](mailto:Sandra@sandrawellspt.com)

1603 Union Street, Schenectady, NY

# Sandra J. Wells P.T., PC

## Physical Therapy



1603 Union Street, Schenectady  
in the heart of the  
Upper Union Street Business District

## INTRODUCTION

- ❖ Orthopedic pain hampering your quality of life?
- ❖ Range of motion/mobility compromised by illness, injury or surgery?
- ❖ Muscle stress, strain or fatigue slowing you down?
- ❖ Eager to get back to work; back to play?

The hallmark of Sandy's practice is the provision of personalized, 45-minute one-on-one, uninterrupted attention to your condition. She applies extensive, hands-on therapy designed to provide the most effective treatment to the spine and all peripheral joints.

Sandy's analysis, technique, and expertise, in concert with prescribed home exercise, ensure the best remedy for your return to activity.

Sandy has over 29 years of experience and continues her education by attending courses annually in order to stay current with the latest treatment methods.

## APPOINTMENTS

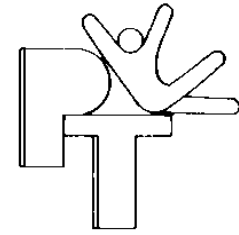
For your first treatment, please come 10 minutes before your scheduled appointment to complete the required paperwork. You will need your insurance card, prescription, referral (if your insurance company requires one), and any lab reports if you have them.

The first visit will typically take an hour and will include a comprehensive evaluation and an initial treatment utilizing skilled manual techniques. Practical goals will be discussed and a customized individual treatment plan will be developed. Your participation in your treatment plan is vital. Patients are encouraged to follow through with exercise programs at home in between therapy sessions.

Depending on your treatment program, subsequent visits may last up to 45 minutes.

Dress is casual and may include shorts or sweatpants depending on the location of your problem. Please ask when scheduling your first appointment.

## OFFICE HOURS



Monday – Friday

8:00 a.m. – 5:00 p.m.

Please make every effort to keep your scheduled appointment. If you are unable to keep an appointment, please give my office at least 24 hours advance notice.

## DIRECTIONS

### **From I-87**

Exit 6 for Rt. 7 West  
Approximately 7 miles  
Bear right onto Union Street  
Cross Balltown Road to Union Street  
1603 on right approximately 1/2 mile

### **From I-90**

Take exit for 890 (Schenectady)  
Take Exit 7 for Rt. 7 East/Troy  
Approximately 3 miles to Balltown Road  
Left on Balltown Road to next light  
Left on Union Street  
1603 on right approx. 1/2 mile

1603 Union Street, Schenectady