

Pre-Visit Checklist

Get the Most From Your First Appointment

Nexus Physical Therapy · Gainesville, FL · (352) 663-9988

24 Hours Before

- Complete and submit intake paperwork via the patient portal.
- Verify your insurance benefits (we're happy to help).
- Write down your top 3 functional goals (e.g., 'walk without pain').

Day Of

- Eat a light meal and stay hydrated.
- Wear comfortable, movement-friendly clothing.
- Bring your ID, insurance card, and any imaging or referrals.
- Arrive 15 minutes early.

Questions to Consider Asking

- What is the likely source of my symptoms?
- How many visits should I plan for?
- What will my home program look like?
- How will we measure progress objectively?

Questions? Call (352) 663-9988 or email Contact@nexusphysicaltherapy.com