**How Long Should I do Physical Therapy?**

Lately, we’ve been answering a lot of frequently asked questions that patients have about physical therapy. Today we’re going to tackle another one – specifically, the required time lengths for your physical therapy treatment. The topic of this article is length of physical therapy sessions – how long should you stick with a physical therapy routine?

**General Time Guidelines**

The length of time that you need to see your physical therapist varies greatly based on your condition, injury, as well as your ultimate goals. If your physician or surgeon has referred you to a physical therapist to help increase your range-of-motion and reduce your pain after an injury or surgical procedure, your doctor will recommend a specific length of time for your therapy. Once you begin therapy, your timeframe may increase or decrease depending on your progress and other factors. Often, your physical therapist will work hand-in-hand with your physician to give you the best possible care using a collaborative approach.

**For Direct Access Patients in Minnesota**

As we discussed in a previous blog, Minnesota has direct access to physical therapy – meaning you don’t need to get a doctor’s prescription to see a physical therapist. However, there are some accompanying rules and regulations. In Minnesota, you can visit a physical therapist without a prescription for up to 90 days. After that point you need to get a prescription from a physician, or discontinue your physical therapy sessions.

OrthoRehab Specialists consists of experienced physical therapists that have been treating Twin Cities patients for the past twenty-five years. Our rehabilitations specialists have established relationships with practicing physicians who routinely trust us with the post-operative care of their patients. We offer direct access to physical therapy for Minnesota patients. Contact our Edina or Minneapolis clinics today to schedule your appointment and see what physical therapy can do for you!