



Coastal Medical

Lifespan. Delivering health with care.®

Joint Health Program FAQs

What is the process to get started in the Joint Health Program?

If your primary care provider referred you to the Joint Health Program, our Coastal care team will call you to set up a televisit with one of our musculoskeletal doctors. Your musculoskeletal physician and the care coordinator will facilitate a referral to Performance Physical Therapy, and if you choose, Evolution Nutrition and/or Providence Behavioral Health. After a few days, each facility that you were referred to, will call you to schedule your appointments.

Do I have to receive nutrition and behavioral health services, in addition to physical therapy?

No. Everyone enrolled in the program will attend physical therapy (PT) at Performance PT, but referrals to behavioral health and nutrition services are optional and can be requested at any time while enrolled in the program.

Why are physical therapy, nutrition and behavioral health included in this program?

Studies have shown that conservative treatment for osteoarthritis (OA), can delay/prevent a joint replacement and significantly reduce pain. Physical therapy is the main component in the Joint Health Program. The nutrition portion allows the patient to meet regularly with a dietician/nutritionist to maintain a healthy weight, which can aid in the decrease of pain. We also offer live sessions and recordings of healthy living talks on our website at

Recording: <https://www.lifespan.org/locations/coastal-medical/services/health-links-resources>

Live session: <https://www.lifespan.org/locations/coastal-medical/services/health-education-classes>

There is also an option to meet with a trained counselor to help with any mental health challenges that often accompany chronic pain. With these three components, our goal is to help you avoid a potential joint replacement and give more enjoyment and freedom to your life.

Can I attend physical therapy anywhere else? Within the Joint Health program, we are paired with our trusted community health partners, Performance Physical Therapy, for all your PT needs. You can certainly request a referral to a facility of your choice, however, you would not be enrolled in the Joint Health Program.

How long do I attend PT for? The Joint Health Program allows patients to go at their own pace. We typically have patients treated with physical therapy, approximately 1-2 times a week, for 6-8 weeks. Following that, you will come back into the office to meet with your musculoskeletal physician to discuss your progress.

What if my symptoms don't improve? You and your musculoskeletal physician will discuss your progress and what the necessary next steps should be. A referral to an orthopedic surgeon can be facilitated at this time.

What kind of copay will this incur? Physical therapy, nutrition and behavioral health are subject to your specific insurance plan. For more information, please call your insurance carrier.

Where can I find the virtual Healthy Lifestyle sessions? Please visit:

<https://www.lifespan.org/locations/coastal-medical/services/health-links-resources> for our recorded sessions and register for upcoming live sessions of healthy living.