



Referral for Physical Therapy Information

In Texas, you **do not need a referral to be evaluated** by a physical therapist.

If you are asymptomatic and seeking wellness and performance services including strength training, remote movement coaching, and injury prevention, you do not need a referral for physical therapy.

If you are symptomatic and seeking physical therapy services, you can be treated for physical therapy for up to 30 days after the initial evaluation without a referral.

- After 30 days, you will need a **referral or signed plan of care** from a physician/chiropractor/nurse practitioner.
- This applies to all physical therapy in Texas regardless of using insurance or cash-based services.

If you have a primary care physician or see a chiropractor:
We can fax our physical therapy evaluation notes directly to your primary care physician or chiropractor to obtain a referral to continue treatment.
If you have seen your provider recently and they are familiar with your case, they may refer you to physical therapy without seeing you in person. In some cases, your provider may need to see you in person in order to write you a referral for physical therapy.
If you do not have a primary care physician or see a chiropractor:
You will need to make an appointment with a primary care physician, nurse practitioner, or chiropractor to obtain a referral for physical therapy.
Here are some options for primary care providers in Austin and surrounding communities:
Premier Family Physicians-Austin
Wiseman Family Practice-Austin/Cedar Park
Dr. Anne Adams-Austin
PA Carrie Barlow- Pflugerville
Dr. Kevin Lewis-Manor
Dr. Shane Keller-Round Rock
We also work with a few local chiropractors who can do an exam and write a referral for physical therapy.
Dr. Nate Funk, Curis Functional Health, Round Rock
Dr. Ben Spitzenberger, Focused on You Chiropractic-Round Rock