

aetna ppo physical therapy

Aetna PPO Physical Therapy: Navigating Your Options for Care

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Introduction:

Understanding your Aetna PPO physical therapy benefits is crucial for accessing quality care and managing costs effectively. This comprehensive guide explores the nuances of Aetna PPO coverage for physical therapy, detailing various treatment approaches and methodologies to help you navigate your journey to recovery. With a robust network of providers, Aetna PPO physical therapy offers flexibility in choosing a therapist, but understanding your plan's specifics is paramount. This article will equip you with the knowledge to maximize your benefits and make informed decisions about your care.

Understanding Aetna PPO Physical Therapy Coverage:

Aetna PPO (Preferred Provider Organization) plans offer greater flexibility than HMOs. With an Aetna PPO, you aren't limited to a specific network of providers. While using in-network providers generally results in lower out-of-pocket costs, you can also see out-of-network providers, though at a higher cost. However, this flexibility is crucial when seeking specific physical therapy expertise or convenient location. Before initiating therapy, confirm your specific coverage details by reviewing your member handbook or contacting Aetna directly. Key aspects to understand include:

Deductible: The amount you must pay out-of-pocket before your insurance begins to cover services.

Copay: A fixed amount you pay for each visit.

Coinsurance: Your percentage share of the cost after your deductible is met.

Out-of-Pocket Maximum: The maximum amount you'll pay for covered services in a plan year.

Network Providers: Therapists within the Aetna PPO network will have negotiated rates, resulting in lower costs for you.

Prior Authorization: Some treatments may require pre-authorization from Aetna before they are

covered.

Methodologies and Approaches in Aetna PPO Physical Therapy:

Aetna PPO physical therapy encompasses a broad spectrum of evidence-based treatment approaches. The specific methods utilized will depend on your individual diagnosis, goals, and response to treatment. Common methodologies include:

1. **Manual Therapy:** Hands-on techniques performed by the physical therapist to improve joint mobility, reduce pain, and enhance muscle function. This includes techniques like mobilization, manipulation, and soft tissue mobilization.
1. **Therapeutic Exercise:** A cornerstone of physical therapy, this involves a tailored program of exercises designed to improve strength, flexibility, balance, and coordination. This may involve exercises using bodyweight, resistance bands, weights, or specialized equipment.
1. **Modalities:** These are physical agents used to manage pain and inflammation. Common modalities covered by Aetna PPO include:

Heat and Cold Therapy: Applied to reduce inflammation and pain.

Ultrasound: Uses sound waves to stimulate tissue healing.

Electrical Stimulation: Uses electrical currents to reduce pain and muscle spasms.

Iontophoresis: Delivers medication through the skin using electrical currents.

1. **Neuromuscular Re-education:** This focuses on improving the communication between the nervous system and muscles, crucial for regaining control and coordination after injury or surgery. Techniques like proprioceptive training and balance exercises are frequently employed.
1. **Functional Training:** This aims to improve your ability to perform everyday activities. This involves practicing specific tasks and movements relevant to your daily life, such as walking, climbing stairs, or lifting objects.
1. **Gait Training:** Focuses on improving walking patterns and correcting any abnormalities. This is particularly important after injuries affecting the lower extremities.

Finding an Aetna PPO Physical Therapist:

Finding the right physical therapist is crucial for successful rehabilitation. Aetna's website offers a provider search tool to locate therapists within your network. Consider the following factors when choosing a therapist:

Specialization: Seek out a therapist specializing in your specific condition.

Experience: Choose a therapist with significant experience in treating similar conditions.

Reviews and Testimonials: Review online reviews and testimonials to gauge the quality of care provided.

Communication and Rapport: Ensure you feel comfortable communicating with your therapist and that you establish a good rapport.

Maximizing Your Aetna PPO Physical Therapy Benefits:

Attend all scheduled appointments: Missing appointments can impact your coverage and progress. **Communicate openly with your therapist:** Keep them informed of any changes in your condition or concerns.

Follow your home exercise program diligently: Home exercises are crucial for maintaining progress between appointments.

Keep accurate records of your treatments and expenses: This is important for tracking your progress and ensuring proper billing.

Understand your plan's limitations: Be aware of any limitations or exclusions in your coverage.

Conclusion:

Navigating the world of Aetna PPO physical therapy requires understanding your plan details and selecting a qualified provider. By carefully considering the various methodologies and approaches available, and by actively participating in your treatment plan, you can significantly improve your chances of a successful recovery. Remember to actively engage with your therapist, ask questions, and utilize the resources provided by Aetna to make the most of your insurance benefits.

FAQs:

1. How do I find an in-network Aetna PPO physical therapist near me? Use the Aetna provider search tool on their website. Enter your location and specify "physical therapy" to find in-network providers.
1. What if my preferred physical therapist is out-of-network? You can still see them, but your out-of-pocket costs will likely be higher. Check your plan details to understand the cost-sharing responsibility.
1. Does Aetna PPO cover all types of physical therapy? Most common types are covered, but

some specialized treatments might require pre-authorization. Always verify with Aetna.

1. How many physical therapy visits are covered under my Aetna PPO plan? The number of visits is not predetermined and depends on medical necessity as determined by your doctor and physical therapist.
1. What paperwork do I need to submit to Aetna for physical therapy reimbursement? Your therapist's office will typically handle the billing. However, it's wise to keep copies of all receipts and explanations of benefits (EOB) for your records.
1. Can I choose my own physical therapist with Aetna PPO? Yes, the flexibility of a PPO allows you to choose your therapist, though in-network providers are generally more cost-effective.
1. What should I do if I am unsatisfied with my physical therapy treatment? Communicate your concerns to your therapist first. If the issue persists, you may wish to explore other providers.
1. Is telehealth physical therapy covered under my Aetna PPO? Many Aetna PPO plans now cover telehealth physical therapy. Confirm coverage with your plan.
1. How long does it take to get pre-authorization for physical therapy with Aetna? The timeframe varies, but it's generally recommended to initiate the process well in advance of your first appointment.

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aetna ppo physical therapy: Convergent Strabismus L.E. Evens, 2012-12-06 When the Board of Directors of the Belgian Ophthalmological Society, in its session of November 26th 1978, asked me to prepare a report on strabismus to be presented at the joint meeting of the Dutch and Belgian Ophthalmological Societies to be held on June 13th 1981, I felt greatly honored but still more overwhelmed by the immensity of the task. I took advantage of the complete liberty given to me by the Board of Directors, first to limit the work to one particular form of strabismus, i.e. the convergent comitant form; second, to seek the help of what I thought to be the best strabologists in the Low Countries; third, to aim not at an encyclopedic treatise but at a practical volume destined to the general ophthalmologist. This volume is thus limited to the various aspects of convergent strabismus, more accurately of comitant convergent strabismus. The omission of the word comitant is purposely made to avoid the difficulties accompanying the explanation of this term and all the acrobatics needed to explain that most comitant strabismus are not completely comitant. The choice of this particular form of strabismus seems logical. First of all, it is the most common form of strabismus. On the other hand, most principles concerning examination and treatment can with some modifications be applied to other forms of strabismus.

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aetna ppo physical therapy: Making Eye Health a Population Health Imperative National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health, 2017-01-15 The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can

reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

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aetna ppo physical therapy: **Perfectionism** Michael Brustein, PsyD, 2013-10-23 When I read this book, I was struck by how perfectionistic traits permeate the lives of many of our patients in ways I had not previously considered. Dr. Brustein has done a great service for the therapist in their treatment of many of the patients they will encounter. His text is very well organized and facilitated being able to compare and contrast different approaches to the treatment of perfectionism. The clinical examples provide clear applications of the research material which is described at the beginning of each chapter. Dr. Brustein clearly has a mastery of not only the dynamics of perfectionism, but various philosophical approaches to understanding and treating patients in general. He's a skilled and masterful therapist. Jacob Kader, PsyD Director of Psychology, Manhattan Psychiatric Center Perfectionism is a prevalent issue that many of those I've treated have struggled with, to the point of serious impairment in daily functioning. This book is an excellent guide for any practitioner working with difficult perfectionist patients. It also provides rich case examples and applied theory that can be a useful tool for teaching purposes at any level. Rick Barnett, PsyD, LADC M.S. Clinical Psychopharmacology President, Vermont Psychological Association Compelling research has recently established the negative effects of perfectionism, yet until now, no serious texts have addressed the management of perfectionist traits as they arise in psychotherapy. This is the first professional volume to provide practical guidance in using psychodynamic and cognitive behavioral therapies to help clients who present maladaptive forms of perfectionism. The book uses an integrated approach to understand the etiology of perfectionism from the perspectives of respected researchers and theorists. It addresses the assessment of adaptive and maladaptive forms of perfectionism, how to manage the defenses and ambivalence displayed by perfectionist clients, and their tendencies toward termination. Case studies will aid psychotherapists in understanding the complex transference and counter-transference issues that often arise with this population. Key Features: Provides practical guidance from an experienced clinician Highlights the importance of addressing perfectionism as an underlying factor in psychopathology Presents a link between specific disorders and perfectionist traits Offers ways to create a positive therapeutic alliance with the resistant perfectionist client

aetna ppo physical therapy: **TMD and Orthodontics** Sanjivan Kandasamy, Charles S. Greene, Donald J. Rinchuse, John W. Stockstill, 2015-08-18 This evidence-based book, featuring contributions from world-renowned experts, discusses in detail the functional anatomy of the

temporomandibular joint as well as the aetiology, diagnosis, treatment and medicolegal implications of patients with temporomandibular disorders (TMD). Despite advances in our understanding of the aetiology of TMD and in developing current treatment rationales, a number of issues remain controversial. These include the extent to which the temporomandibular joint should be a central focus of orthodontic diagnosis and treatment, as well as the role that occlusion and malocclusion play in precipitating TMD symptoms. Indeed, few subjects in dentistry and the specialty of orthodontics are open to as many interpretations or misinterpretations as TMD. This textbook provides clinical orthodontists with essential information and guidance that will assist them in understanding and effectively managing this complex multilayered problem. Throughout, clear clinical guidelines are presented on the basis of current scientific and clinical evidence. TMD and Orthodontics will be a highly valuable chairside resource for orthodontists everywhere.

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aetna ppo physical therapy: Fixing My Gaze Susan R. Barry, 2009-05-26 A revelatory account of the brain's capacity for change When neuroscientist Susan Barry was fifty years old, she experienced the sense of immersion in a three dimensional world for the first time. Skyscrapers on street corners appeared to loom out toward her like the bows of giant ships. Tree branches projected upward and outward, enclosing and commanding palpable volumes of space. Leaves created intricate mosaics in 3D. Barry had been cross-eyed and stereoblind since early infancy. After half a century of perceiving her surroundings as flat and compressed, on that day she saw the city of Manhattan in stereo depth for first time in her life. As a neuroscientist, she understood just how extraordinary this transformation was, not only for herself but for the scientific understanding of the human brain. Scientists have long believed that the brain is malleable only during a critical period in early childhood. According to this theory, Barry's brain had organized itself when she was a baby to avoid double vision - and there was no way to rewire it as an adult. But Barry found an optometrist who prescribed a little-known program of vision therapy; after intensive training, Barry was ultimately able to accomplish what other scientists and even she herself had once considered impossible. Dubbed Stereo Sue by renowned neurologist Oliver Sacks, Susan Barry tells her own remarkable journey and celebrates the joyous pleasure of our senses.

aetna ppo physical therapy: The Anterior Cruciate Ligament: Reconstruction and Basic Science E-Book Chadwick Prodromos, 2017-05-31 The Anterior Cruciate Ligament: Reconstruction and Basic Science, 2nd Edition, by Dr. Chadwick Prodromos, provides the expert guidance you need to effectively select the right procedure and equipment, prevent complications, and improve

outcomes for every patient. Written and edited by world leaders in hamstring, allograft, and bone-patellar tendon-bone (BTB) ACL reconstruction, this revised reference is a must-have resource for the full range of anterior cruciate ligament reconstruction techniques, plus fixation devices, rehabilitation, revision ACLR surgery, and much more! - Covers the latest clinical and technical information on pain control, genetics and biologics, the use of ultrasound, and much more. - EBook access features an exhaustive ACL bibliography database more than 5000 available articles. - Features dozens of new chapters that offer up-to-date information on pain control after ACLR, single vs. double bundle repairs, genetics and collagen type, all-inside techniques, biologics, pediatrics, ACL ganglion cysts, prognosis for ACLR success, allografts vs. autografts, and more. - Provides the experience and insight of a dream team of ACL experts, including James Andrews on sports medicine, Frank Noyes on HTO and ACLR, and Andrew Amis on the benefits of the older femoral tunnel placement technique. - Expert Consult™ eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, Q&As, and references from the book on a variety of devices.

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outside Japan had only limited access to the detailed English literature needed to make full use of the procedures. This book fills that gap in English information and provides a detailed, up-to-date guide to performing safe and effective cervical laminoplasty. Drawing on the latest knowledge from Japan, the book covers the history of cervical laminoplasty, surgical anatomy, basic procedures, modified procedures, possible complications, and perspectives on the future of expansive laminoplasty. This volume by leaders in the field is an excellent guide for all surgeons interested in laminoplasty.

aetna ppo physical therapy: *Principles and Practice of Lifespan Developmental Neuropsychology* Jacobus Donders, Scott J. Hunter, 2010-01-14 Lifespan developmental neuropsychology is the study of the systematic behavioral, cognitive, and psychosocial changes and growth that occur across infancy, adolescence, adulthood and later life. This book provides insight into how brain-behavior relationships change over time, how disorders differ in presentation across the lifespan, and what longer-term outcomes look like. Providing practical guidance in a succinct and accessible format, this book covers the most common neurodevelopmental, behavioral and cognitive disorders, including but not limited to ADHD, cerebral palsy, traumatic brain injury, and epilepsy. Key points concerning the practice of developmental neuropsychology are emphasized in order to aid understanding of neuropsychological development and its impact on behavior, emotion, cognition, and social integration. This will be essential reading for advanced graduate students and early career professionals in the fields of neuropsychology, pediatric psychology, clinical psychology, school psychology, and rehabilitation psychology, as well as practitioners in the allied fields that interact with neuropsychology.

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aetna ppo physical therapy: *Attention-Deficit/Hyperactivity Disorder in Children and Adolescents* Brian P. Daly, Aimee K. Hildenbrand, Shannon G. Litke, Ronald T. Brown, 2023-12-11 State-of-the-art guidance on the effective assessment and treatment of children and adolescents with ADHD New updated edition Provides guidance on multimodal care and diversity issues Includes downloadable handouts This updated new edition of this popular text integrates the latest research and practices to give practitioners concise and readable guidance on the assessment and effective treatment of children and adolescents with attention-deficit/hyperactivity disorder (ADHD). This common childhood condition can have serious consequences for academic, emotional, social, and occupational functioning. When properly identified and diagnosed, however, there are many interventions that have established benefits. This volume is both a compact how to reference, for use by professionals in their daily work, and an ideal educational reference for students. It has a similar structure to other books in the Advances in Psychotherapy series, and informs the reader of all aspects involved in the assessment and management of ADHD. Practitioners will particularly appreciate new information on the best approaches to the ideal sequencing of treatments in multimodal care, and the important diversity considerations. Suggestions for further reading, support groups, and educational organizations are also provided. A companion volume Attention-Deficit/Hyperactivity Disorder (ADHD) in Adults is also available.

aetna ppo physical therapy: *Plunkett's Health Care Industry Almanac* Jack W. Plunkett, 2008-10 This acclaimed and popular text is the only complete market research guide to the American health care industry--a tool for strategic planning, competitive intelligence, employment searches or financial research. Covers national health expenditures, technologies, patient populations, research, Medicare, Medicaid, managed care. Contains trends, statistical tables and an in-depth glossary. Features in-depth profiles of the 500 major firms in all health industry sectors.

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aetna ppo physical therapy: Observational Gait Analysis Rancho Los Amigos National Rehabilitation Center, 2001-01-01 Observational Gait Analysis is written to assist physical therapists and physicians to effectively evaluate pathological gait. It presents a method of gait analysis which can easily be applied in the clinic. The first edition, Normal and Pathological Gait Syllabus, was published in 1981. In 1989 the Observational Gait Analysis Handbook was published. The third edition contains changes in the normal joint ranges of motion as a result of more sophisticated and accurate equipment. Muscle activity has been revised to reflect data from a larger sample size. The phases and functional tasks are defined, and a problem solving approach to observational gait analysis is presented.

aetna ppo physical therapy: Leading Through a Pandemic Michael J. Dowling, Charles Kenney, 2020-08-25 A clarifying must-read in these uncertain times." —GOVERNOR ANDREW CUOMO Journey behind the front lines of the coronavirus pandemic with Northwell Health, New York's largest health system. What was it like at the epicenter, inside the health system that cared for more COVID-19 patients than any other in the United States? Leading Through a Pandemic: The Inside Story of Lessons Learned about Innovation, Leadership, and Humanity During the COVID-19 Crisis takes readers inside Northwell Health, New York's largest health system. From the C-suite to the front lines, the book reports on groundwork that positioned Northwell as uniquely prepared for the pandemic. Two decades ago, Northwell leaders began preparing for disasters—floods, hurricanes, blackouts, viruses, and more based on the belief that bad things will happen and we have to be ready. Following a course highly unusual for an American health system, Northwell developed one of the most advanced non-government emergency response systems in the country. Northwell reached a point where leaders could confidently say we are comfortable being uncomfortable in a crisis. But even with sustained preparation, the pandemic stands as a singularly humbling experience. Leading Through a Pandemic offers guidance on how hospitals and health systems throughout the country can prepare more effectively for the next viral threat. The book includes dramatic stories from the front lines at the peak of the viral assault and lessons of what went well, and what did not. The authors draw upon the Northwell experience to prescribe changes in the health care system for next time. Beyond the obvious need for increased stockpiles of supplies and equipment is the far more challenging task of fundamentally changing the culture of American health care to embrace a more robust emergency response capability in hospitals and systems of all sizes across the nation. The book is a must read for health care professionals, policy-makers, journalists, and readers whose curiosity demands a deeper dive into the surreal realm of the coronavirus pandemic.

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Neurology, in the highly regarded Blue Books of Practical Neurology series, focuses on the clinical practice of in-patient neurology as well as the neurologic sequelae of non-neurologic conditions of hospitalized patients. It is meant to provide consulting hospital-based neurologists with a rational approach to evaluating neurological problems in a busy general hospital.

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