

## **Q&A – Do I need a referral?**

### **Ask the Physical Therapist**

By Meagan Peeters-Gebler, DPT, CSCS, CMTPT

**Q: Do I have to see my doctor before I see a therapist? Do I need a referral?**

**A:** In the state of Wisconsin, physical therapists have direct access. Direct access means that unless your insurance requires a referral, you are able to attend physical therapy without a doctor's visit. Physical therapists receive advanced education screening for medical conditions or more serious injuries that would warrant seeing your doctor. It is very important to see your doctor in situations of infection, fracture or other cases when your physical therapist does not feel your problem is musculoskeletal in nature.

Some insurance does require a referral for you to be evaluated by a physical therapist and this ultimately depends on your insurance carrier and plan.

If you would like to be seen in physical therapy and wonder about your insurance requirements, please call the clinic you wish to be seen at and the Personal Care Coordinator (PCC) will work with you to determine the next step in starting physical therapy and determining if your insurance requires a referral

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