

Why Direct Pay Physical Therapy Puts Patients First and Gets Results

At **Puckett Physical Therapy**, we've seen firsthand how insurance companies interfere with the healing process. They prioritize profits, restrict treatment options, and force clinics into quick, cookie-cutter visits. That's not good enough for our patients, or for us.

That's why we've chosen a **direct-pay model**. It allows us to put your health first and deliver the kind of one-on-one, personalized care you truly deserve.

The Problem with Insurance Based Physical Therapy

In traditional insurance clinics:

- You may get only **15 minutes** with your therapist.
- Much of your session is spent with aides or unsupervised exercises.
- Treatment is limited to what insurance decides is "necessary," not what your body actually needs.
- Care often ends before you're fully recovered.

At the end of the day, **the insurer, not you and your therapist, controls your recovery process.**

The Benefits of Direct Pay Care at Puckett PT

1. One-on-One Care, Every Time

Every session is a **full hour with your Doctor of Physical Therapy**. You are never passed off to aides or left unsupervised, and never rushed. You get our undivided attention, so progress happens faster and with greater results, often in fewer visits.

2. Your Goals Drive Your Plan

Whether you want to run pain-free, get back on the field, or simply enjoy daily life without discomfort, we build your plan around *you*. Insurance codes don't decide your care, you do.

3. Access to the Best Treatments

We use evidence-based techniques that insurance often won't cover, such as **dry needling, blood-flow restriction training, advanced manual therapy, and performance-based strength and conditioning**. Our clinic is equipped with turf lanes, cages, and specialized training tools to bridge the gap between rehab and performance.

4. Education that Empowers You

We don't just fix symptoms, we get to the root cause! We teach you why your pain happened and how to prevent it from returning. You'll leave each session with clarity and confidence in your body.

Payment Made Simple

Our price is all inclusive, no hidden fees, no upcharges, no bills in the mail later on. We accept **FSA/HSA cards, credit/debit, Apple Pay, cash, and checks**. We'll provide a **superbill** you can submit for out-of-network reimbursement. That way, you still get the freedom of direct care without sacrificing financial flexibility.

The Bottom Line

At Puckett PT, you're never a number on a chart or an insurance code. You're a person with goals, frustrations, and the right to heal fully. By removing insurance from the equation, we give you:

- **More time** with your therapist
- **More effective, personalized treatment**
- **Faster, lasting recovery**
- **A true partner in your health journey**

You deserve care that works for *you*, not your insurance company. That's exactly what we deliver at Puckett Physical Therapy.