

THE RUNNING INSTITUTE

SPECIALIZING IN SPORTS MEDICINE & SURGERY

EPAT® TREATMENT

Fee Schedule and Visit Breakdown

- Week 1** EPAT® Treatment #1 and Established office visit with your Doctor (full payment collected at this time)
- Week 2** EPAT® Treatment #2
- Week 3** EPAT® Treatment #3 and Established office visit with your Doctor
- Week 9** 6 week follow up with your Doctor
- Week 21** 12 week follow up with your Doctor

Billed to you

Cost for EPAT® Treatment	\$400
Cost for EPAT® Treatment B/L	\$600
Soft tissue trigger points	\$200 per session
Plantar fascia/Achilles tendon/MTSS/ITB/PTFS	\$300 per session
Stress fracture or AVN	\$200 per session
Scar tissues postoperative	\$100 per session

Codes that are billed to your insurance

- 99213 Level 3 Offices Visit
- 29540 Strapping, if necessary for plantar fasciitis

I agree to the treatment program outlined by my doctor and understand that neither the initial nor subsequent therapy treatments are covered by my insurance provider. I am personally responsible for payment of all treatments.

Patient Signature

Date

Please Print Name



Discharge Instruction

EPAT® Treatment for Acute & Chronic Musculoskeletal Pain

You may experience some pain or discomfort in the treated area after the natural analgesic effects have subsided. You may also continue to experience the same type of pain you had prior to treatment for 1 to 2 weeks. Pain is manageable by OTC pain medication (Tylenol) in most cases however; you should not take any NSAIDs for 4-6 weeks post treatment.

To avoid reinjury, you should not participate in any stressful activity involving the affected area for 4 weeks. "Stressful activity" may include running or jogging, doing heavy housework or yard work, or participating in sports. Heel pain patients should avoid completely flat shoes such as sandals, loafers, moccasins, or house slippers. Continued use of orthotics is also encouraged. Following this 4-week period, you should be able to resume normal activity.

Simple stretching exercises should be performed several times daily, and before any sports activity, or before walking long distances. Massage of the affected area prior to rising after rest may also be beneficial. Stretching for 30 seconds several times a day is recommended.

Based on the findings during EPAT® clinical trials, maximum healing effect of the procedure cannot be evaluated prior to 12 weeks post treatment. The healing effect is also dependent upon individual patient response, and improvement may continue beyond the 12-week evaluation period.

Calf Stretch

- Stand back approximately 1 foot facing a wall. Extend one leg behind you. Keep both feet flat on the floor, toes pointed straight ahead, with your extended knee straight and your front knee bent.
- Move your hips forward, keeping your lower back flat.
- Lean into the wall until you feel tension in the calf muscle of the extended leg.
- Hold for ten seconds, then stretch the other leg. Relax and repeat at least two more times.

Plantar Stretch

- Stand back two or three steps facing the wall.
- Bend one leg forward and lean slightly against the wall. Keep the back foot flat against the floor and parallel to your hips.
- Raise the back heel off the floor. Shift your weight to the ball of the foot, and PRESS down. Hold for 5 seconds, relax, and repeat at least two more times.

Achilles Tendon Stretch

- Stand with one leg in front of you, slightly bent, and the other leg extended back.
- Lower your hips downward and slightly bend knee of the extended leg just until you feel slight tension at the back of your ankle.
- Hold the stretch 10 seconds, and then stretch the other leg. Repeat at least two more times.

If you have any questions concerning these instructions, please call our Customer Service Department at (877) 699-8399.