



# Physical Therapy

## Humana Health & Well-being Center



Everyone experiences occasional aches and pains, and most times, the body recovers without intervention. However, without properly addressing these issues, the body may develop unwanted and potentially damaging compensations over time.

Physical Therapy services include evaluation and treatment for the following:

- Neck & back pain
- Arthritis
- Joint sprains & strains
- Post-surgical rehabilitation
- Headaches
- Muscle aches & pains
- Foot pain/plantar fasciitis
- Rotator cuff tears
- Injury prevention

**What does it cost?**

\$45 Physical Therapy visits

**Who can use the service?**

Services are available to Humana associates located in or visiting Louisville and family members (newborn and above) on the company medical plan.

[Schedule an appointment today.](#)

Call the center or schedule online at [MyPremiseHealth.com](https://MyPremiseHealth.com) or use the app.



**Providers**



**Case Saxion**  
PT, DPT, CSCS, USA (Ret.)  
Physical Therapist



**Heather Pappas**  
PT, DPT, OCS, CMTPT  
Physical Therapist

**Humana Health & Well-being Center**

**Humana Tower:** 500 W. Main St., Louisville, KY 40202

Monday – Friday: 8 a.m. – 4:30 p.m. / (502) 476-3335

**Clocktower:** 123 E. Main St., Louisville, KY 40202

Monday – Friday, 8 a.m. – 5 p.m. / (502) 476-2662

**Brownsboro:** 10000 Brownsboro Rd. Suite 7, Louisville, KY 40201

Monday – Friday, 8 a.m. – 5 p.m. / (502) 272-0330

**Humana**

**Health & Well-being Center**

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## 7 Myths about Physical Therapy

- 1** Myth: I need a referral to see a PT.  
Fact: You can go directly to a PT without a referral.
- 2** Myth: Physical Therapy is painful.  
Fact: Physical therapists work within your pain threshold.
- 3** Myth: Physical therapy is only for injuries and accidents.  
Fact: Physical therapy is a diverse health care practice that effectively prevents injury and pain, and promotes mobility, health, and wellness.
- 4** Myth: Any health care professional can perform physical therapy.  
Fact: Physical therapy should only be performed by a licensed physical therapist.
- 5** Myth: Physical therapy isn't covered by insurance.  
Fact: Most insurance policies cover some amount of physical therapist services.
- 6** Myth: Surgery is my only option.  
Fact: In many cases, physical therapy has been shown to be as effective as surgery.
- 7** Myth: I can do physical therapy myself.  
Fact: Physical therapy is designed by a licensed physical therapist with specialized education and expertise.

Source: [www.MoveForwardPT.com](http://www.MoveForwardPT.com)



### What is a Physical Therapist (PT)?

- Physical therapists are trusted healthcare professionals who examine, diagnose, and then prevent or treat conditions that limit the body's ability to move and function in daily life.
- PTs currently graduate with degrees in physical therapy at the Masters and Doctorate levels. A Physical Therapy Assistant (PTA) works under the supervision of a PT and has an Associates degree in physical therapy.
- PTs and PTAs are licensed by the state in which they practice

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