



# Physical Therapy

## Physical Therapy Services

- Musculoskeletal injury evaluation, prevention and management
- Electromyography and nerve conduction studies
- Post-operative rehabilitation
- Acute inpatient rehabilitation
  - Inpatient physical therapy services are typically short-term, and are intended to restore a patient's function to allow them to return to the highest level of independent living as possible
- Pelvic floor therapy (*Active Duty Only*)
  - For incontinence

## Physical Therapy Referrals

- Patients need to have a referral from their Primary Care Manager before they can be seen in Physical Therapy
- Formal physical therapy consults should include:
  - Diagnosis and brief history of pertinent information
  - Treatment and surgical history
  - General goals and desired outcome
  - Precautions
- For Electromyography and Nerve Conduction Studies:
  - Clearly indicate the reason for the request, and provide a differential diagnosis

*All physical therapy referrals are considered "routine."  
Appointments are scheduled through the HRAC.  
For special consideration, please contact the appropriate Physical Therapy Clinic directly.*

## Locations and Hours of Operation

- **Naval Medical Center Portsmouth**  
Charette Health Care Center  
Building 2, 1st Floor  
Monday—Friday, 0630—1700  
(757) 953-1464/1465
- **Sewells Point** (*Active Duty Only*)  
Norfolk Naval Base  
Bacon Avenue, Building J-50  
Monday—Friday, 0600—1500  
(757) 444-3720
- **Boone Clinic** (*Active Duty Only*)  
JEB Little Creek—Fort Story  
Rockwell Hall Gymnasium, Building 3147  
Monday—Friday, 0700—1600  
(757) 462-1493
- **Oceana** (*Active Duty Only*)  
Naval Air Station Oceana  
D Street, Building 529 (PRT Center)  
Monday—Friday, 0630—1500  
(757) 433-1517
- **Oceana** (*Family Members and Retirees*)  
Oceana Branch Health Clinic  
1550 Tomcat Boulevard  
Monday—Friday, 0700—1530  
(757) 953-3806

## Physical Therapy Point of Contact

Customer Service Representative  
(757) 953-1464/1465

### NMCP Health Benefits

Building 3, 3rd Floor; Mon-Fri, 7 a.m.—3:30 p.m.  
(757) 953-2610/2611

### NMCP TRICARE Service Center

Health Net Federal Services  
Building 249 (next to parking garage)  
Mon—Fri, 7:30 a.m.—4:30 p.m.  
1-(877) 874-2273



### Appointments & Specialty Referral Status

Hampton Roads Appointment Center (HRAC)  
Mon—Fri, 6 a.m.—8 p.m.  
S, S & Holidays, 7 a.m.—3:30 p.m.  
1-(866) 645-4584

### To Schedule a Presentation

TRICARE Operations—Marketing  
(757) 953-6153/6048