



SELF-REFER TO PHYSICAL THERAPY

MUSCLES AND JOINTS FEELING STIFF?

Don't wait until they hurt! Take a proactive approach to your aches and pains before they interfere with your lifestyle.

LET'S BETTER YOUR HEALTH TOGETHER!

We want you to take an active role in your life and work. That's why you can now self-refer to our physical therapists, who will treat the following:*

- sore back, neck, shoulders, hips, knees, and ankles
- stiff muscles and joints
- men, women, and children
- construction workers, bus drivers, hotel workers, restaurant workers, grocery store workers, office workers, and more

Our physical therapists will also teach you exercises that will help:

- prevent job-related disabilities and sports injuries
- improve mobility, flexibility, and strength
- reduce pain
- restore function

1. Go to kp.org/appointments
2. Choose "Physical Therapy" as the appointment reason
3. Select "Physical Therapy Consult" and answer the pre-visit questions
4. Choose your preferred facility, then date and time

Oahu

Honolulu Medical Office
Koolau Medical Office
Mapunapuna Medical Office
Waipio Medical Office

Maui

Maui Lani Elua Clinic

Hawaii Island

Kona Medical Office

Appointments available

Monday - Friday
8 a.m. - 4:30 p.m.

*Self-referrals do not apply to work injuries, motor vehicle accidents, and other third-party claims.