



WHAT TO EXPECT

Initial Evaluation/Assessment

Your first visit with us will be an evaluation with an assigned therapist. This person will be your primary therapist. He or she will collect all relevant data and help you organize your therapy, including the frequency of treatment sessions and which therapists you should be seeing. Your primary therapist will write progress notes to your physician(s) and communicate with involved health care professional and / or family.

The initial evaluation consists of the assessment and development of your treatment plan. Specifically, there will be a medical history, an analysis of posture, range of motion of the spine and extremities, muscle strength, muscle tone, sensation, gait and a “myofascial map” revealing the areas of soft tissue dysfunction. Your treatment plan will be developed based upon this information together with your specific goals.

At the end of your assessment, your primary therapist will discuss the treatment plan and process with you.

Treatment

After your evaluation, your treatment sessions can begin. The length of your sessions and how often you come is often decided upon by non-clinical issues (i.e. the distance from your home to our clinic, your schedule, your financial ability, insurance reimbursement, etc.) Your therapist will recommend a schedule to suit your situation.

Throughout your treatment, your primary therapist will re-evaluate your status and develop new treatment strategies as needed. This process is individualized according to your needs and your stage of healing to support you in attaining your goals.

Please notify the office if any of the following traumas or changes in medical status occur after you begin treatment. You may need to be re-evaluated if you experience any new events, including but not limited to:

- Car accident
- Fall
- Injury
- Pregnancy
- Heart Attack
- Surgery or other new medical diagnosis