



NOTICE TO OUR PATIENTS

1. We employ an open gym concept in your treatment. If you become uncomfortable with this, please let your therapist(s) know as other arrangements can be made.
2. During the evaluation, it may, be necessary to stress the injured part to determine the exact cause of the pain behavior. This may cause an increase in symptoms for 24-36 hours. We will do our best to keep this stress to a minimum.
3. Your therapy program will be developed and progressed by a team which can include a physical therapist, physical therapist assistant, a certified athletic trainer, and a trained technician.
4. Your program will include exercises. It would not be uncommon to have muscle soreness when first beginning this program. If you have any questions regarding your exercises and what they should feel like, please ask one of the staff members. If you are experiencing any pain with the exercises, please inform the person that you are working with.
5. ***Successful therapy falls into the hands of the patient.*** By doing the exercises correctly in regards to technique, intensity, frequency and duration at the clinic, and at home, you will show improvements.
6. We will try to accommodate your schedule. Due to this we do experience busier periods. These busier periods are generally after 4pm. If you are scheduled during 'one of our busier periods, you may experience waiting periods which we try to keep to a minimum. If you experience a wait greater than 10 minutes please contact one of our staff. If you experience any problems with your treatment, please contact one of our staff and arrangements will be made to correct the problem.
7. We encourage questions. The most important question is the one that is not asked. Please ask any member of our staff and we will do our best to answer all of your questions.