

## Welcome to Body Therapeutics and Medical Massage,

*Rehabilitation and Appointment Expectations, what to expect from your sessions.*

In addition to the skills and modalities used by your therapist, your successful rehabilitation depends on the commitment, attendance and efforts of you as the patient as well. Ideal frequency is at least once a week in order to maintain function gains and improve upon them. At Body we have always prided ourselves on working with our patient's schedules so that your therapy sessions have the least amount of impact in your daily life. In addition, your timely attendance is important to us to help keep our wait times short.

Please arrive five to ten minutes ahead of your scheduled appointment. This allows your mind and body to start transitioning from an active busy mode to a more relaxing and receiving mode. Your early arrival gives additional time for your therapist to evaluate your body's needs and set expectations for your session. It is also your chance to communicate to your therapist, any details from your previous session, changes in injury/ pain as well as any new conditions your body may be carrying.

We are committed to accommodating your scheduling needs. In return we respectfully ask for 24 hours notice prior to rescheduling or cancelling a Workman's Compensation appointment. Your therapist has set aside time for you, without proper notice we are unable to provide the opportunity to another patient who may have requested the same time.

We understand that emergencies and illnesses do occur. It helps us a great deal if you call and let us know you are running a few minutes late.

Please let us know if you have questions or if there is anything we can help you with and once again, let us welcome you to Body and wish you great success in your injury recovery.

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