



What should I expect at Physical Therapy?

How long will my first appointment take?

The therapist will spend 45-60 min with you. You will also need to plan on 15 min. to fill out the paper work. (Give yourself an hour and a half).

What should I wear?

- a) We have shorts, tank tops, and gowns for you to change into.
- b) Feel free to bring your own shorts or tank tops (depending on your therapy needs) ~you can change into them when you get here.
- c) Ladies: If you are working on the upper body, you may feel more comfortable in a sport bra that can be worn under your tank top.

Do I need to bring anything else?

- a) Your prescription from your Doctor (if you have one)
- b) Insurance card
- c) List of all medications you are currently taking

When I am done with therapy can I still come to Form and Fitness to use the equipment and seek the Therapist's advise?

Yes, ask at the front desk for information about The Next Step program.

Please call Jill if you have any other questions. 303-404-9494