



ACTIVE BALANCE

PHYSIOTHERAPY STUDIO

Your First Visit

Please plan to arrive 15 minutes early to fill out a NEW PATIENT REGISTRATION FORM. During your initial consultation your therapist will talk to you about your injury, take a detailed medical history, review your medical reports and medications. She will perform a thorough physical assessment of the part of your body that is injured and a biomechanical assessment of your body to determine contributing factors elsewhere in your body. She will review the findings with you and set-up a treatment plan. Your treatment will begin with some hands-on treatment, education, and personalized exercises to manage your injury.

Plan for 60 minutes for your initial visit to Active Balance Physiotherapy Studio

What to bring

- Your doctor's referral - this is not necessary for treatment but may be helpful
- Medical reports and test results (x-ray, CT scan, MRI, ultrasound) - not necessary for treatment however the more information you provide the better
- A list of your medications

What to wear

Comfortable clothing is great for most treatments.

For lower body treatments it is beneficial to have shorts however if you forget we have some for you.

Bring the footwear you usually wear for activity and orthotics if you use them.

For exercising in the studio please bring non-marking indoor shoes.

How to reschedule or cancel my appointment

Your time in the studio has been reserved especially for you. If you need to reschedule or cancel please call 24 hours prior to your treatment.

If you cancel your appointment with less than 24 hours notice, a cancellation fee of 50% of the visit fee will be charged. Without notice you will be charged the full cost of the appointment.

Payment Accepted:

Cash, debit, VISA or MasterCard

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