

INITIAL APPOINTMENT

OUR 6-STEP PROCESS



1 INTERVIEW

- The Problem
- The Person
- Goal Setting



2 PHYSICAL

- Identify source of symptoms
- Establish baselines & re-assessment signs
- Identify key impairments



3 DIAGNOSIS

- Patho-anatomical
- Biomechanical
- Reach an understanding



4 TREATMENT

- Test-Treat-Retest
- One thing/one area
- Have a back up



5 RECOMMENDATIONS

- HEP
- Activities (do's & don'ts)
- Other follow up



6 PLAN

- Written. Completed & signed
- Must ask about barriers
- Rebooking strategy 2-4weeks