



Thank you for booking your first appointment with Vanessa Hagen, PT at Shifra Centre for Wellness. Below, you will find several tools that will help guide your physiotherapy treatment.

1. Want to save time?

Please fill out the initial registration form. Please bring in the completed forms to your first appointment.

2. What to expect

Your initial visit will be approximately one hour in length.

During this appointment you can expect:

- A detailed health history
- A movement assessment for mobility and strength
- Possible internal pelvic examination
- Treatment recommendations

3. Follow-up appointments

- Follow-up appointments will be 45 minutes long
- Enclosed is our fee schedule - accepted payment methods include cash, cheque or visa/mc.

4. Are your kiddos welcome?

- Yes of course, however for some treatment sessions, having your kids with you may affect your treatment session. We can discuss this as we move along in the care.

Please note that our clinic is a smoke-free and scent-free environment. Please refrain from wearing perfume or cologne to your appointment.

Please arrive approximately 5-10 minutes before your first appointment. We look forward to meeting you and helping you reconnect with your health.

In health,
Vanessa