



What You Need to Know for Your Appointment

1. Want to save time?

Please fill out the Initial registration form and pelvic health questionnaire attached. Please bring in the completed forms to your first appointment.

2. What to expect

Your initial visit will be approximately one hour in length. Please remember to wear comfortable clothing or to bring a change of clothes to appointment

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 are 45 minutes long.
- FOR NEW PATIENTS.... when booking an assessment, also book 2-3 follow-up treatments, approximately 2 weeks apart to allow for adequate follow-up treatment.
- Enclosed is our fee schedule - accepted payment methods include cash, cheque or visa/mc.

4. What if you are on your period??

Please still come! It can be really tricky to schedule around every patients cycle!! Pelvic health treatment is much more than treating the internal muscles of the pelvic floor. There is a lot we can still work on during your menstrual cycle!!

5. 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.

Your appointment time is reserved especially for you, so please be considerate when booking and changing appointments. We require a minimum of 24 hours notice prior to cancellations. We do process a cancellation fee for no shows or cancellations made last minute. The charge will be half the appointment fee for the first missed appointment and full time for the subsequent appointment.

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