

What to Expect when you come for treatment at the clinic.....

On arrival you will be **greeted by reception.**

They will ask you to fill in an INTAKE and CONSENT form.

These two have to be done as a legal requirement to meet Health Policy requirements of the Government and Private Health Insurers.

It's also essential to ensure that Myotherapy treatments are safe for you to have on the day of your appointment.

When you **meet with your practitioner** at the time of your appointment, they will go through the intake form with you and discuss the symptoms that have brought you in to see them. During this part of the treatment your practitioner will perform "special tests" to assess where your limitations are and they will then discuss what they think is the most appropriate treatment for you. If they suggest a treatment modality that you would prefer not use (eg: Myofascial Dry Needling) then you have every right to decline that treatment and your practitioner will suggest something else. They will also discuss what outcomes are most important to you.

Treatment: Next its time for your treatment.

You will be allowed to disrobe to an appropriate and comfortable level whilst your practitioner leaves the room. You will be guided as to how to position yourself on the treatment table.

You will be completely covered during your treatment with draping, and only the area being treated at the time will be exposed to enable the practitioner adequate access.

If there are areas you do not wish to have treated (eg: Face or Feet) then please discuss this with your practitioner.

Breast Tissue and the genital area will never be touched during your treatment.

In the case of Oncology or Lymphatic clients we will work with you to ensure your treatment is effective but that you are more than comfortable with all boundaries.

Post Treatment:

After the treatment has been performed, you will be informed of any post treatment considerations.

Mainly ensuring that you are well hydrated!

A second assessment with "special tests" will be performed to ensure that the treatment you have just received has been affective and suitable to your presentation. (is there less Pain, do you have more Range of Movement?)

Stretching or strengthening exercises may be prescribed for you to do at home before you come in for your next treatment.

Ongoing Treatment Planning and an indication of how many treatments you may require moving forward to achieve the desired outcomes will also be discussed and if required, for your convenience you can make those appointments whilst you are with us.

Payment and Rebooking:

Payment on the day is required. We have access to HICAPS and EFTPOS so if you have Private Health Insurance with Ancillary Cover, you can claim on the spot and all you will have to pay is the Out-Of-Pocket Expense. This gap payment is variable between funds and the different Insurance Providers depending on the rebate amount they provide with your level of cover.

AS ALWAYS IF YOU HAVE ANY CONCERNS BEFORE OR AFTER YOUR TREATMENT PLEASE GET IN CONTACT WITH US TO DISCUSS FURTHER.