



Hello,

I look forward to meeting you at your upcoming appointment with me. There are a few things I would like for you to read over, so you are prepared for your appointment.

### **General Information**

- ❖ I work as an Osteopathic Manual Practitioner (M.OMSc). I cannot diagnose medical conditions, nor can I prescribe medications.
- ❖ At this time, I am unable to provide treatment to anyone who is currently pregnant, recently post-partum, or youth under 3 years of age.
- ❖ Treatment times vary upon the individual, on that specific day and can vary. However, initial appointments are typically between 45 minutes and 1 hour and follow up appointments are between 30 minutes and 45.
- ❖ *PLEASE NOTE: if you **are currently diagnosed with cancer**, please contact the clinic to speak with Marina before your first appointment.*

### **What to wear/ what to bring**

- ❖ Please bring a printout/written list of all medications/supplements that you are currently on, or have recently finished taking and the reason for use.
- ❖ Please wear loose comfortable clothing and socks. Please avoid: tank tops, striped shirts, skirts and/or dresses if possible.  
**Healthcare/Customer service workers – please change out of work clothes prior to entering the clinic.**
- ❖ Any jewellery, eye glasses, watches, pocket contents and phones will be asked to be removed for the duration of treatment.
- ❖ You are free to use the washroom here if you need to change clothing.

### **What you might experience after treatment**

- ❖ It is best to not have a hard workout, run, practice yoga or lift weights 24-48 hours after treatment.
- ❖ You may feel generally sore or tired after you are treated. This is perfectly normal. Please give your body time to rest and drink plenty of water if possible.
- ❖ Please avoid crossing your knees, ankles or sitting cross legged.
- ❖ Avoid keeping your wallet in your back pocket when you sit down.
- ❖ Start to pay attention to your postural habits.

Please fill out the attached Intake Form and bring it to your initial appointment. Otherwise, please arrive 15 minutes early to your appointment so you have time to complete the intake form.

Osteopathic Manual Practitioner (M.OMSc)