



## YOUR FIRST APPOINTMENT

### WHAT TO EXPECT:

**15 Minutes:** Please plan to arrive 15 minutes early to your initial appointment.

*\*This is not necessary if you have already filled out all the intake forms.*

**60 Minutes:** The initial evaluation takes 60 minutes to gather all necessary intake information and provide a thorough assessment.

### WHAT TO BRING:

- If a physician referred you please fax or bring a copy of the PT prescription.
- A change of comfortable, loose fitting clothes for evaluation/treatment that allow access to the region being treated (unless you wear them to the appointment). Tight fitting leggings are not preferred.
- A copy of your current insurance card. If you would like us to call and discuss your out-of-network benefits with you prior to your appointment, please fax or scan/email this information ASAP prior to your appointment.
- MRI, X-Ray, and any other relevant imaging or medical history documents.
- Be prepared to discuss a detailed history, which will include: medical history, past injuries, current symptoms, and specific aggravating activities/movements.

### OUR LOCATION:

8105 Rasor Blvd,  
Suite 243  
Plano, TX 75024

We are located in the  
Caddo Office Building.

P: (469) 782-9978

### PARKING:

Free parking is available  
in the lot in front of the  
building.

