



WELCOME TO MAGNIFY PHYSICAL THERAPY

CLIENT GUIDE



Welcome!

My name is Marissa, your doctor of physical therapy, and I'm glad to start this journey of health and wellness with you. This client guide will provide you with a brief overview of what to expect between now and your initial evaluation, some favorite resources, and the Magnify Physical Therapy philosophy.



ABOUT ME

Local. Holistic. Extraordinary.

- New Hampshire native
- Outdoor enthusiast
- Dancer since the age of 2
- CrossFit Athlete since 2014
- I'm a big fan of quiet sunrises, hot coffee, hammocks, and live music

You've made a great first step by reaching out and asking for guidance with your symptoms and current lifestyle. Between now and your initial evaluation, there are some things you can do to kick start your recovery process.

See the checklist below!

We are so thankful you have trusted Magnify PT with your needs. Let's begin!

Marissa St. Germain.

GUIDE TO PREPARE FOR YOUR EVALUATION

WHAT TO WEAR

- Sneakers (Athletic shoes)
- Comfortable Clothing
- Layers (in case you get warm during the workout)
- Any specific gear you use during your workouts

HOW TO PREPARE

- Fill out the Magnify PT questionnaire (sent via Jane App)
- Arrive 5 mins early
- Bring water
- Gather your list of questions

QUESTIONS

- Track your symptoms: What makes it feel better? Worse?
- What movements are you avoiding?
- What new skills are you nervous to try or perform?
- What was your prior PT experience like?

GOALS FOR THE FUTURE

- Do you have any specific events, competitions, races soon?
- How would getting rid of these symptoms affect your life?
- Do you have any specific exercise goals?
- Why now?

"HOW DO I KNOW IF I NEED PHYSICAL THERAPY?
I'VE BEEN TO PT BEFORE AND IT HASN'T WORKED."

"PERFORMANCE PHYSICAL THERAPY? I'M NOT A PERFORMING
ARTIST (OR MAYBE YOU ARE!) WHAT DOES THAT MEAN?"

"WHO DO YOU TREAT?"

"IF I'M IN PAIN, ARE YOU GOING TO TELL ME
TO STOP CROSSFIT*?!" *INSERT SPORT HERE

"I'M AN ATHLETE, I'M NOT IN PAIN, I JUST CAN'T SEEM
TO PROGRESS IN MY LIFTING OR SPORT. IS PT FOR ME?"

"I'M NOT AN ATHLETE BUT I WANT TO FEEL
BETTER AND MOVE BETTER. IS PT FOR ME?"

WANT TO LEARN MORE?

Between now and your initial evaluation, check out our website
and social media pages!

What other questions can we answer for you prior to your
evaluation?

Contact us | marissa@magnifypt.com | 802-278-4142

