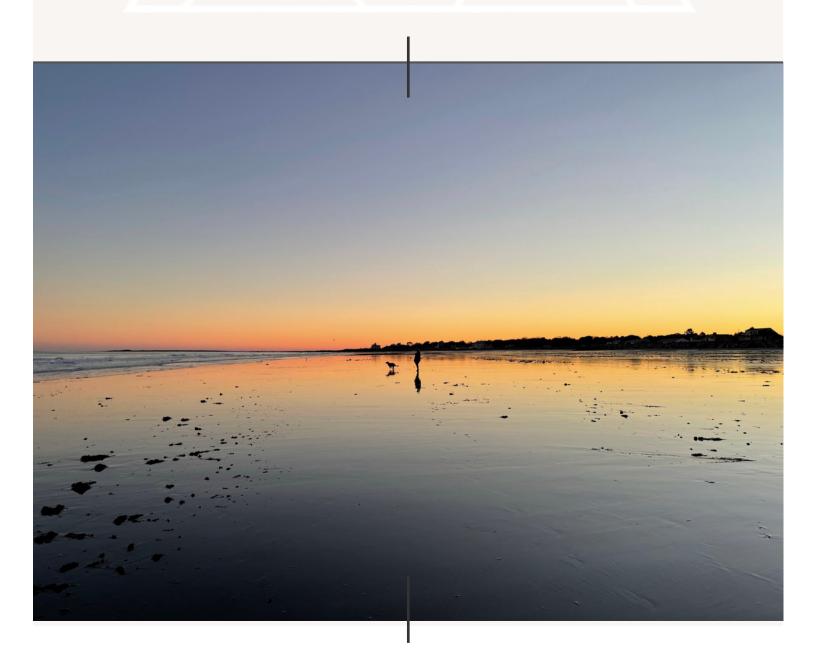
WELCOME TO MAGNIFY PHYSICAL THERAPY

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!

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
QUESTIONS Track your symptoms: What makes it feel better? Worse?
Track your symptoms: What makes it feel better? Worse?
Track your symptoms: What makes it feel better? Worse?What movements are you avoiding?
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 ☐ 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
 □ 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?



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

