

### Important Information

We encourage new patients to come a little bit earlier to their first treatment as it involves filling out a health history form.

Your first treatment includes questions asked about your health history and may include observations, range of motion, and posture.

Some things to expect after the treatment;

**Soreness** - Some patients experience pain and stiffness after their massage, this is very normal and usually goes away within 24-48 hours.

**Light headed** - Sometimes the increase of blood flow can make patients feel light headed, our therapists will monitor you throughout the treatment.

**Drowsy** - Depending on the type of massage, patients may feel quite sleepy after their treatment. This is normal and usually goes away within 24-48 hours.

If you have any of the conditions below please notify us when calling.

- Acute Injury
- Heart conditions
- Kidney and Liver conditions
- Pregnancy
- Infections like the flu or measles
- Cancer
- Any serious other medical condition

Please be aware that you may need your doctor's ok before visiting us or we may advise that it may not be safe for you to receive a massage.

