

**Welcome and thank you for choosing Healing In Motion to provide your care.
Please review the following information prior to your first visit.**

Location:

The clinic is located on the South side of Plymouth Road in Dixboro, just past the Dixboro General Store as you head East on Plymouth Road. It is on the first floor of the Landau Building which is a 2 story brick building.

Treatment Time

A typical session is 60 minutes long. However, on your first visit, you will complete some paperwork and a thorough evaluation with the assistance of your therapist. This could take up to 30 minutes. The remainder of the time will be devoted to your treatment.

What To Wear

Healing In Motion uses a whole body, hands-on therapy approach. Because of this, the skin will need to be accessible as much as possible during the treatment session. We suggest female clients wear either a two-piece bathing suit, or loose fitting gym shorts and a top that will unclasp in the back. Male clients should wear loose fitting gym shorts and no shirts. Clinical gowns are not used for either male or female clients as they do not provide sufficient access to treatment areas. Extra sheets and/or blankets are available for your comfort.

If you are receiving JFB Myofascial Release Therapy, these techniques are applied directly on the skin without the use of lotions or oils. **Please do not apply lotion at home prior to your treatment session.**

There will also be 'homework' for you in the form of stretches, exercises and self-treatment techniques specific to your needs. Please wear clothes that you are comfortable moving in for stretches and exercises.

PLEASE DO NOT WEAR EXCESSIVE PERFUMES &/or COLOGNE.

