

Patient Name:

New Patient Care Commitments



Before starting care, it's important that you understand that your recovery depends not just on the treatment, but on your actions outside the clinic between your visits. In order to embark on a course of treatment, you will be expected to make the following commitments:

- I will apply Ice / Heat as directed, after every treatment and several times per day.
- I will set aside time every day to perform my self-treatment program as directed.
- I will drink ____ litres of water every day, 500ml of which within an hour of each treatment.
- I will avoid sitting for over 20 minutes without a short break wherever possible.
- I will maintain good desk posture - with my screen at eye level, and keyboard and mouse level with my navel. If using a laptop, I will purchase a separate mouse and keyboard to allow for this.
- When driving, I will set my mirrors high enough to prevent slouching.
You may also need a lumbar support for your car - for more information ask for our "Driving and Posture" Advice sheet
- I will start to reduce my caffeine / alcohol / tobacco consumption.
- After receiving a treatment, I will not exercise for the rest of the day.
- I am responsible for 50% of the fee for any appointments cancelled with less than 24 hours notice, and for the full fee for any no-shows.

Signature _____