Welcome to Elite Level Physical Therapy

The staff at *ELITE LEVEL PT* would like to welcome you to our clinic and first and foremost thank you for choosing us as your provider of choice.

This may be your first time participating in physical therapy or a sports performance/fitness program and there are a few things that we want you to know before getting started. If you are participating in our physical therapy program, your first visit will be approximately an hour and will compose of an initial evaluation so that our therapist may properly assess your reason for being seen and establish a solid foundation for where your treatment plan should progress. This is great time to ask as many questions as you may have and to more thoroughly understand your diagnosis and plan of care. Formal treatment for your condition/diagnosis will be initiated during this first visit, so please wear appropriate attire so that the therapist may properly assess and treat the area of concern. Each subsequent follow up visit will be approximately an hour to an hour and half depending upon your diagnosis and necessary treatment so please make all arrangements according to this timeframe.

If you are participating in our sports performance and fitness programs, we encourage you to divulge all appropriate medical conditions that may affect your ability to participate in the program so that proper arrangements and adjustments can be made by our staff to ensure your safety and progression. Please wear appropriate attire including shorts, t-shirt and athletic shoes. We encourage all of our participants to drink the appropriate amount of water and eat appropriately prior to engaging in such a program so as to maximize your ability to participate fully and to allow your body to recover post exercise. These programs are demanding and will test your body to its limits, so be aware that general muscle soreness and some fatigue is expected. Any injury incurred by the participant is not a goal of the program and should be immediately reported to *ELITE LEVE LPT* staff members. We do offer nutritional advice to better your outcome and ability to participate, so please do not hesitate to inquire with your *ELITE LEVEL PT* staff member (it may be necessary to refer you to a dietitian or nutritionist for a full assessment if appropriate).

The staff at *ELITE LEVEL PT* is very excited to be a part of your health care and performance/fitness needs and look forward to providing you with positive results in a professional and caring environment.

Sincerely,
The ELITELEVELPT Staff