

What to Wear?

We highly recommend that you come to your appointment in clothes that are nonrestrictive, comfortable and athletic. It is quite common to have to perform a series of exercises during your visit and nonrestrictive clothes will be the most effective for these types of activities. Dress accordingly, try to wear clothes that will allow the therapist better access to the injured areas. We prefer sneakers or a closed-toe shoe, as far as footwear goes. Please do not hesitate to contact us prior to your first appointment if you have any concerns or questions.