

# Restored Core



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**Dear Valued Client,**

In preparation for your **concierge appointment** please read the information below as it will improve the quality of your first visit. Thank you.

- **Space:** Ensure that you have a room or space that is large enough to fit a massage table (10ft long x 4ft wide).
- **Pets:** While I love meeting your pets, please have them in another room for the appointment itself to minimize distraction.
- **Children:** You are welcome to have children present, however it may limit how much is able to be completed in a visit, please be aware of this.
- Take **inventory of any exercise equipment** you have in your home and if possible please gather it before the appointment.
- **Clothing:** Wear clothing that is comfortable and easy to move in.
- A thorough external and potentially internal **examination of the body** and pelvis will be completed in order to determine the source of your problem(s).
- You always have the **right to refuse** any portion of the examination or treatment if you do not feel comfortable.
- **Chaperone:** You are welcome to have a chaperone during the visit for your comfort. Please plan ahead to coordinate this.

Please email, text or call Restored Core if you have any additional questions.

Sincerely,



**Michaela Cioffredi PT, DPT, OCS**

