Your Initial Assessment and Treatment

75 minutes with Paul Cramer Registered Massage Therapist

We will take time to understand what is happening, what you would like help with and what makes sense for you next. You do not need to arrive with a diagnosis or have everything figured out.

Before you come

Complete the clinic's health history and bring a list of medications and any relevant reports or medical instructions. Wear comfortable clothing you can move in. Think of one or two activities you would like help with, such as walking, exercising, working or sleeping more comfortably.

During your appointment

- We will talk about your concern, what you have tried, what you have been told and what matters to you. Let me know about any worries or practical limits.
- With your consent, I will assess relevant movement and function. We may try an everyday task and record a starting measure so we can review progress.
- We will discuss the findings, including what remains uncertain, and agree on appropriate treatment. This may include massage, assisted movement or practising a manageable activity.
- We will review your response and agree on a small number of initial recommendations that fit your situation.

Your 75-minute appointment includes time to talk, assess, provide treatment and work through your next steps. The balance varies with your needs.

Your comfort and choices

I will explain what I propose and ask for your consent. You can ask questions, request changes, pause or decline any part of assessment or treatment. We will discuss clothing and draping options before hands-on care. If your concern needs another type of assessment or care, we will discuss that too.

What you will leave with

An outline of the findings, initial recommendations, guidance on how to adjust what you try, and an agreed next step. We will choose a meaningful activity or goal to help track progress. There is no requirement to commit to a package of visits.

Your Treatment Plan Appointment

Where appropriate, I recommend a separate Treatment Plan Appointment within two weeks. We will review your response, refine your goals and develop the fuller plan together. The initial visit uses my usual 75 minute fee. The follow-up is booked and charged separately; reception can explain both fees before you book. Insurance coverage depends on your plan.

Questions or booking: https://movementspark.com/book-paul

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