

Thank you for for partnering with us on your healing journey of rest and recovery (R&R).

The following are instructions for your 1st visit.

1) Please plan to arrive about 10 minutes early to fill out a few forms and to be sure you find our office. If the door is locked, this is normal, and if no one is out front we are still with patients. Please knock or wait a few minutes for us to open the door for you.

Our new patient forms have been emailed to you. You can fill them out online & send them directly to us, be sure to click on "submit." You may also print them, fill it out by hand and bring them with you. We value your time, so please complete this ahead of time to save time in the clinic.

2) Please bring a pair of gym or running shorts with you. Women should also bring a tank top, camisole, sport bra, swimsuit top or sleeveless shirt. You can change at our office and will need these for your evaluation and treatments. Your treatment is performed directly on the skin and it aids in your treatment to see how your body is moving. We will address your whole body, not just the part that is hurting, injured or that you are concerned about. Often the pain or problem is in one area and the cause or contributing dysfunction is somewhere else.

3) We have a 24hr cancellation policy, because unlike other medical practices, we see only 1 patient per hour. If for any reason you need to reschedule please do so at the link you received in your confirmation email or contact me a day ahead of time.

4) Our address is [951 West Pipeline Road, Suite #104, Hurst Texas 76053](#) You should be able to find our building with a GPS or click on the link for google maps. The cross street is Billie Ruth Lane, just across the street from Bethel Family Worship Center, 1 block away from Braums and 3 blocks from NorthEast Mall. There is a map and directions on our web site on the contact us page. We have a sign on our window. There is free parking either in front or behind the building, but our office is in the front, facing Pipeline Road.

We accept all forms of payment, cash, checks and all major credit cards. We will provide you with a receipt with all the information you need and any assistance you require if you choose to file this with your insurance company.

If there is anything else I can help you with, please don't hesitate to contact me.

Otherwise, I look forward to working you.

Thanks,

Jeff Rau