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Thank you for scheduling your physical therapy services at the CranioSacral Institute of Michigan. Now that you have made your first appointment, here is some valuable information and instructions regarding your visits.

Your first appointment will last approximately 1 1/2 hours. Please plan to arrive 15 minutes prior to your appointment time. Subsequent appointments will be approximately 45 minutes.

#### **HOW YOU NEED TO PREP**

To ensure that you receive optimum benefit from your therapy, within a 2-hour time frame prior to all appointments, please drink a minimum of 32 ounces of water. Hydration is an integral part for your success at the CranioSacral Institute of Michigan.

#### **WHAT YOU NEED TO BRING**

Please be sure to bring your prescription. Please be aware that prescriptions are only valid for 90 days. If your prescription was written longer than 90 days ago, please contact your physician's office to obtain a current prescription. Also bring your insurance cards (if applicable), completed Physical Therapy CSI History Forms, Physical Therapy Patient Information/Insurance Form and the Physical Therapy Commitment Signature Sheet.

Our office is located north of M-59, and east of Rochester Rd., on Barclay Circle in the King Center office complex.

**NOTE:** Since we frequently see chemically sensitive patients in our office, we ask that you please refrain from wearing any perfumes, scented lotions, aftershaves, and scented antiperspirants or deodorants.

If you require any further assistance, please feel free to contact the office at (586) 991-0801.

Sincerely,  
The Staff of CranioSacral Institute