

## **Welcome To Empowered Body Solutions!**

I am happy to be working with you and pleased that you are embracing the idea that you can work to change your body and address the underlying causes of your condition. The Egoscue Method puts you in charge of your own healing, and requires your participation and effort. I promise my full attention, guidance and support throughout this process.

- ~ The Egoscue Method is a results oriented process. Pain reduction is often surprisingly quick. Resolving the misalignment causes at their source takes time and effort. Your whole body is the focus of this therapy. We are removing causes rather than merely treating symptoms.
- ~ You will develop goals for our work together and we will use them as a measure of your progress. The pace and tempo of change varies with each individual. At times patience and persistence is necessary.
- ~ Each session involves a full body analysis, including postural alignment and deviations. You will receive an individualized exercise menu enabling you to address your condition. We will do these exercises together, so that you understand how to do them at home. As your body shifts, through further sessions, you will receive sequential exercise menus enabling your body to progress toward the resolution of your issues.

- ~ Success with this program requires at least 30 minutes daily. (Yes, most people miss a day occasionally, yet overall regularity is necessary.) The body requires the regular stimulus of these exercises to make the deep shifts needed for long-term success.
  
- ~ You are the expert of your body. If something does not feel right, listen to your body and stop. I invite input and feedback throughout each session. When doing the exercises at home, if something does not feel right, contact me. Changes in exercises menus can be made with ease through phone consultation. It is normal to have some soreness from using muscles in a new way. If you experience pain when doing the exercises, stop doing the exercise or menu and contact me, so we can make the necessary modifications.
  
- ~ Please keep scheduled appointments. If you must cancel or change an appointment, please give at least 24-hour notice to avoid being charged.
  
- ~ Each session is 1 and 1/2 hours. The fee includes a 20 minute follow up call or visit to review progress, make modifications in the exercise menu and for other support. See fee sheet for cost of additional follow-up time.

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Name

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Date