

LIFESTYLES

Therapy & Wellness Center

Personalized Solutions for Lasting Results



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Therapy Agreement

"If you do what you've always done, you'll get what you've always got."
~Henry Ford

I understand that my cooperation and effort are vital to my success in physical therapy. Therefore, even though the Lifestyles Therapy team will help me, I accept responsibility for my condition and I commit to do the following:

- ✍ I will keep my appointments and arrive on time. If I cannot keep an appointment, I will call at least 24 hours in advance to cancel (with a reason for the cancellation) and reschedule a new appointment. I will leave a voice message after hours.
- ✍ I will perform my home exercise program consistently to the best of my ability and as directed by my therapist.
- ✍ I will follow the recommendations of my therapist and ask questions, as needed, to make sure I understand.
- ✍ I will inform my therapist and the receptionist in advance of my physician appointments (to facilitate coordination of my care).

My signature below attests that I agree to do my part (as described above).

Signature

Date

Knowledge + Effort = Results