

Town Clinic:  
2300 Jenks Ave. Suite C  
Lynn Haven, FL 32444  
Phone: (850) 248-1600  
Fax: (850) 248-1602

Beach Clinic:  
12234 PCB Pkwy., Suite B  
Panama City Beach, FL 32407  
Phone: (850) 249-1603  
Fax: (850) 249-1605



Dear Patient,

Thank you for choosing us to be the provider of your physical rehabilitation. There are a few things you need to know about what you can expect from us and what we expect from you.

- Along with any hands-on therapy that we provide, it is almost certain that you will be exercising. This means that **soreness, especially in your muscles, will be expected.** Please relay any discomfort you are having, but keep in mind that this is the natural process of rehabilitation for your condition.
- **Please arrive on time for your sessions** so we can spend the appropriate time with you. If you have to cancel, please give us at least a 24 hour notice so we can offer that position to another patient.
- It is when you begin to feel better that you are most vulnerable and at risk for **re-injury.** You must give yourself adequate time for the healing process to occur. If you have any questions let your therapist know so it can be addressed promptly.
- You have entrusted your care to us, so please do the prescribed exercises and self-treatment techniques as we have instructed. **Remember we are a team and your compliance to the program is the most important part of the therapy.**
- **Make sure that you are scheduled** for your next visit or next week of visits by asking the receptionist. We will try and accommodate your schedule as much as possible, but there will be times that you may have to sacrifice your time as an investment in your rehabilitation.

Thank you for your cooperation with us in these matters. We look forward to a great working relationship with you. We want to deliver efficient, quality care to you during your time here, to assist you in a speedy recovery. If you have any questions, please feel free to ask during your time with us.

Sincerely,

The Staff Members of First Choice

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