

List of Things to Consider and Things to Bring on Your First Visit

To Consider:

- ✓ Come 10 minutes *before* your appointment time to find our clinic and to complete the "Patient Contract and Intake Form".
- ✓ If you foresee being late for your appointment time, please **call** to let us know (at 905-943-7575). Remember, if you completely missed your appointment or have arrival late by half your appointment, we will most likely charge you \$10.00 fee (see Patient Contract).

To Bring:

- ✓ Your completed "Patient Contract and Intake Form" of 3 pages.
- ✓ Wear or bring pants which can *easily* be rolled above the knees. Or wear/bring shorts. No skirts please.
- ✓ Any doctors prescription notes and reports.
- ✓ Any insurance information booklets or printouts.
- ✓ A representative sample of footwear which you normally wear (outdoors, indoors, sports, slippers)
- ✓ Your old or previously-made orthotics
- ✓ A list of questions you would like to ask us during your visit.