



# New Patient Welcome Packet

## **Welcome to Healing in Motion Therapeutic Massage!**

Thank you for inquiring about treatment. I believe in comprehensive patient care and take the time to understand all of the elements of my patients' lifestyle and treatment goals. I specialize in clinical massage to relieve pain and restore function, but I do not underestimate the rejuvenation that emerges from deepening the mind-body connection during therapeutic treatment. I look forward to working with you!

### How to get the most out of your treatments

I am committed to working with you to achieve your health and wellness goals. Please feel free to share your goals, current lifestyle and other treatments you seek. Before you come for your massage, try these simple tips:

- Warm up the body by walking, running or engaging in your exercise routine.
- Take a hot shower and slowly stretch your muscles where you feel you need it.
- Take a moment to yourself to check in with your body. Feel your body. What is it telling you? Feel free to take notes and share this information with me at the start of the massage.
- You have some time to yourself when you first relax on the table. This is your time to connect with yourself. Take nice deep breaths, relax, quiet the mind and allow your energy to be open.

During your massage:

- Continue with deep breaths (I will breathe with you).
- Feel your body melt. If I bring attention to a tight muscle, connect with the muscle by asking it to relax. The process of letting go can be difficult, but exhilarating!
- Feel free to communicate with me. I will adjust pressure, technique, area of the body, etc. upon your request. As we progress through treatments, we will become more in sync and I'll be able to communicate better with your nervous and musculoskeletal system.

### What to expect from ongoing treatments

If you're coming in for a massage to relax, that's wonderful! If you have goals to improve posture, range of motion, and alleviate pain, we will have a more structured plan. We take a look at your goals, develop a treatment plan (as we progress through the plan, we progress with treatment techniques). When you plan to come for regular massages, the rate per massage is reduced.

### **Interdisciplinary collaboration**

I collaborate with an array of health professionals to help clients meet their health and wellness goals. I work closely with a chiropractor, acupuncturist, naturopath, dietician/nutritionist and psychologists. If you are interested in a comprehensive approach to healthcare, let me know and we will connect you with the appropriate professionals. I am also open to connecting with your current professionals (conventional and complementary). I believe that integrative medicine is the key to longevity.

### **Cancellation Policy**

- Please contact me up to 24 hours before your appointment to cancel. If you do not call or show, the credit card I may have taken to hold your appointment will be charged 50% of your total invoice.

### **Payment**

- Cash or check is preferable, major credit cards are accepted.
- Insurance may be accepted. This varies on a case by case basis.
- After we schedule our appointment, I send you an invoice for your review via E-mail.
- Rate is \$70/60 min (rates are reduced with participation in wellness plan)

### **Patient Records and HIPAA**

I keep patient records and often share my post-session notes with patients who have specific goals. The patient records are secure. In the case I send records to the patient, we agree on the most secure method. I will only send notes to other health care professionals upon the patient's request. This is particularly helpful when professionals are collaborating for patient-centered comprehensive care.

### **Scheduling Appointments**

Since I am the only practitioner, the massages are by appointment only. Sometimes I can fit you in that day, but generally please give me 24 hours notice. I work in the Cherry Hill office Monday through Thursday and every other Saturday. I am in the Philadelphia office all day Fridays (9-7pm). I can typically take appointments as soon as one hour ahead on Fridays. I often run specials for the Philadelphia office, so please see my website for details. *You can contact me via phone or text, (856) 671-1446, or E-mail at [robinstreit@gmail.com](mailto:robinstreit@gmail.com).*

**Thank you and I look forward to working with you!**

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419 S. 19th St. (corner of Lombard and 19th) Philadelphia, PA with An Integral Life