



# Compass Therapy Centre

## Physiotherapy & Rehabilitation

What To Expect At Your  
First Appointment



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### Preparing For Your Appointment

We recommend that you:

- Wear comfortable, loose-fitting clothing.
- Arrive 10 minutes before your appointment time to fill out any forms.
- Allow around 60 minutes for your first appointment.

### Arriving at the Centre

You can expect to:

- Be welcomed by our friendly, front-of-house team.
- Fill out any forms.
- Have the facilities in the Centre explained to you.
- Be introduced to the physiotherapist or rehabilitation practitioner who is seeing you for your appointment.

### During Your Appointment

You can expect to:

- Have privacy. You'll be seen in one of our treatment rooms.
- Have someone with you during your appointment if you want to.
- Discuss the issues and challenges you're facing.
- Have your physical condition and general wellbeing assessed.
- Discuss our findings and agree an appropriate treatment plan.
- Explore strategies for self-management of symptoms at home.

### After Your Appointment

Our front-of-house team will:

- Take payment for your appointment if you haven't already paid.
- Book you in for any follow-up treatment you have agreed to.
- Explain our cancellation policy if you are unable to attend or if you change your mind.
- Explain how to get in touch if you think of any questions once you get home.



**Compass Therapy Centre**

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