

Client Checklist



Interview/Explain the Process

1. Introductions “Have you received Physio before?”

2. Client Interview

Establish the main problem to be fixed first.

Identify your Good Result and how we will know if we have achieved this!

Checked relevant medical history

3. Explain the Process:

“I am going to take you through a process that involves assessing your whole body, to most efficiently help you achieve your ‘Good Result’ and solve the underlying cause of your condition”

Every joint, muscle, nerve and action.

“A small percentage require a plan B, and if this is the case for you I can work this out within a few sessions”

“Is that different to what you were expecting?”

4. Contacts

You will recover faster and remain healthier for longer when significant others also understand what you are experiencing to get fixed. e.g. family, coach, employer.

Would you be happy if we kept them up to date with where you are at via email? YES / NO / N/A

Diagnose (and treat) any ‘cautious conditions’

5. Conditions of Caution

The first step is to test for any nerve or cautious conditions as these are most important to deal with first.

Diagnosis

6. Nerve Testing

“Nerves are one of the most sensitive structures in the body, and we find that if we don't solve it now, the future releases that we perform on your body either won't work well, or won't hold for very long”

Take photo Before/After

Warning - “Releasing nerve gliding can have temporary side effects; only some people suffer these; they are an indicator of effective treatment, they usually resolve within 24 hours”

For example: headache / fatigue / soreness / nausea

7. “Solving the Dysfunctions results in the pain disappearing”

Assess ALL possible contributing factors to YOUR problem

8. Thorough Assessment

Can take 40-60 minutes

Create a list of potential causes for your condition

“All dysfunctions, tightness, stiffness, weakness etc. have the potential to be part of the condition.”

“It is normal to find (20-30) unhappy signs whilst we are testing. Each of these unhappy signs can quickly change when the main cause is found and treated. “

“One is the primary underlying cause to the condition. If I can find that and fix it, we will have your ‘Good Result’”.

9. Explanation of symptoms / pain.

The pain/ stiffness you are feeling is a protective mechanism.

Find the most effective treatment, your Primary Contributing Factor (PCF)

10. Decide a relevant test to fix first.

11. Take a ‘before’ photo of this movement.

12. Client helps prioritise which of the unhappy structures to test first.

13. Describe the ‘Treatment Direction Testing’ (TDT) process.

“I need you to repeat your limited movement and stop when I say or if you experience an increase in your pain, resistance, stretch.”

14. Warning re possible side effects.

Some people suffer treatment soreness, like a bruise-ache feel where I do the releases.

15. Perform TDT’s—Trial different directions and forces for biggest change.

16. Measure Changes as a %

“Your job is to see what changes to your movement during testing”

“How different does this look/test to you?”

17. Take after photo

18. Thorough re-assessment (involve client)

All asterisks sign/dysfunctions. Ensure client understands the connection to their problem.

Have multiple dysfunctions improved?

19. Label Provisional PCF (Primary Contributing Factor)

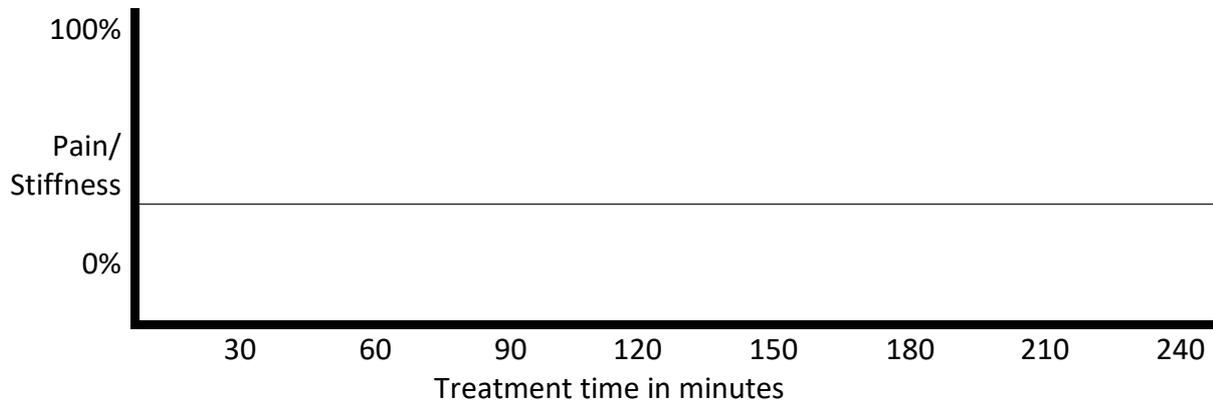
“Your PCF is the underlying cause of your problem. Treating this should see all relevant signs improve. Aggravating your PCF will make relevant signs worsen.

When all signs are 80-100% better you will have your good result”



Continue treatment until we achieve full function, pain free!

- 20. Perform Progress Graph** Explain progression, flare ups, tune ups and how many sessions.



- 21. Who else might like this kind of help?**
Do you know of other people who are struggling and could benefit from this more thorough type of physio?
- 22. Rebooking slip**
“How quickly can we get you fixed?” **30 or 60 minute appointments** are available

Learn how to remain full function, pain free!

- 23. Teach exercise/homework to maintain PCF**
“How does this new position feel, how would you describe this?”
- 24. Treat PCF until 100% or Plateau**
- 25. Re assess all dysfunctions through body**—involve client



Tune Ups – Every 4th Tune up Appointment is Half Price!

- 26. Progress home work to maintain improved PCF**
Involve contacts
- 27. Identify SCF's that need treating once PCF is 100% or plateaued.**
- 28. Recap importance of future care when pain free** –wean off.
- 29. Referring Friends and Family**
Other people may not realise this type of help is available.
We want to help as many people as possible and will thank you with a \$20 voucher for everyone you recommend.

Thank you

