

## Client Checklist



### Interview

1. Had Physio before?
2. Established Good Result?
- Functional GR? \_\_\_\_\_
3. Is it Mechanical?  
Inflammatory Component? \_\_\_\_\_  
Special Questions?
4. Explain the process... “to solve the **underlying** cause”



### Priority Tests

5. Orthopaedic tests / Neurological / Nerves  
“The first step is to test for any nerve or cautious conditions”.
6. Diagnosis  
\_\_\_\_\_
7. Nerve Testing  
Why? Photos, Warning
8. “Solving the Dysfunctions results in the pain disappearing”
9. Thorough Assessment  
Check all tightness, stiffness, weakness, thoughts that may be contributing to the condition,  
NB “one is the underlying cause to the condition”
10. Contacts – someone to help us get you fixed faster? Partner, Coach, Masseur?



### Treatment Testing

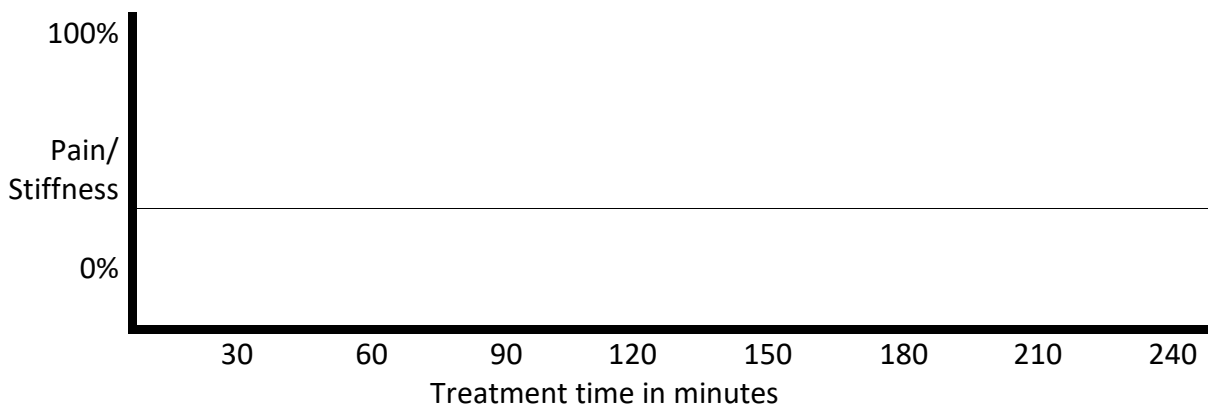
11. Treatment testing
- Chose relevant test/movement together
  - Take a ‘before’ photo
  - Explain client’s role and R1 (reactivity)
  - TDT’s / measure as a %

12. Label a 'Provisional' driver (helps multiple test signs)

13. Treat the 'Driver'

- Check effect on other signs
- Identify secondary's
- Top 5 signs:

14. **Progress Graph** Explain progression, flare ups, tune ups and how many sessions needed.



**Treatment**

15. Rebooking "how fast can we get you fixed?"

16. Exercise/homework (motor control)

17. Treat Driver until 100%, then any SCFS



**Tune Ups**

Every 4<sup>th</sup> Tune up Appointment is Half Price

18. Check top 5. Measure progress on chart. Check exercises.

Prevent re-accumulation of strain.

19. Who else might like this kind of help?

Thank you 