

Preparation information for your session with Boundless LLC

Location: Boundless has recently moved! 1907 American Drive, Suite B4, Neenah (Village of Fox Crossing), can be easily accessed from Prospect Ave exit off of 41 or CB exit off of Highway 10. The building is right across from where American Dr intersects with Millbrook Dr and looks like this:



Map: <https://g.page/boundlesspt?share>

Parking and Entry: Please park to the left by the lower level and enter through the handicapped entrance. Suite B4 is the first door on the left once you are inside the building. You may enter unannounced as the first room is a waiting area. If the outside door is locked, please call me at 920-470-3235 (it should be open!)

What to expect:

- I will greet you in the waiting room. Please make yourself comfortable if I am not able to greet you immediately, I may be finishing up with another client in the treatment room. Public bathrooms are at the end of the hall and to the right.
- I will have a few forms for you to fill out, including a health history. Time is built into the session for this, or you can complete forms ahead if you want to save more time for hands-on work. Find admission forms for printing here: <https://www.boundlesspt.com/forms>.
- Ideal clothing is loose-fitting shorts and tank-top/t-shirt. Women who are comfortable with it may wear a bra/sports bra to allow better posture assessment and easy access to work directly on skin. You will be given time to change after paperwork. If any of these recommendations make you uncomfortable, please just wear comfortable clothes.
- Sessions are approximately 90 minutes. A typical first session includes 10 minutes paperwork, 15 minutes posture/physical assessment, 60 minutes hands on treatment and a few minutes of self-care instruction. Follow up visits are similar with less paperwork and assessment time.

Treatment: Myofascial release is typically very relaxing, gentle, yet sometimes intense as we engage the tissue restrictions that may be at the heart of your trouble areas. We can focus on just your problem areas, but more often will do a full body treatment in order to get at all the contributing fascial

restrictions. You can always give feedback if you want more or less pressure.

Payment and discounts: Preferred payment is cash or check. I do accept credit cards with a \$1 convenience fee per session purchased. Individual sessions are \$70. (Discount options: Every 5th full priced session will be automatically discounted \$20. If you want to purchase 5 visits at once, each visit will be discounted \$10. If longer sessions are desired, a back-to-back session will be discounted \$10.)

Cancellation policy: If you know you must cancel, please do so as early as possibly to open up the schedule for other clients. You can cancel/reschedule online up to 24 hours before your session (return to www.boundlesspt.setmore.com and look under My Account, then My Schedule in the upper right corner of the link, then look for the pencil logo). Please call/text if an urgent circumstance necessitates a late cancellation.

Due to concerns with Covid-19, I ask that you cancel, even if last minute if you have any reason to believe you have been exposed or are becoming ill. I will do that same!

<https://www.boundlesspt.com/covid-19-precautions>

Please don't hesitate to call or text if you have any questions before your session.

I am looking forward to working with you!

Bethany Kempfert, PT