PUSHING BOUNDARIES

Exercise, health and hope for people with paralysis

Are you Ready?

Welcome to Pushing Boundaries!

In this welcome packet you will find a variety of important material for you to review and complete. On this page you'll find a breakdown of our onboarding process, as well as some helpful information to aid in setting expectations. If you have any questions during this process, feel free to reach out to us at 425-869-9506

Getting Started

We recommend that everyone tour our facility prior to scheduling their initial evaluation. Once that is complete, and you have decided to move forward with your Exercise Therapy Program, your next steps are:

- Complete and return the *Health History Form*
- Complete and receive the results of a *Bone Density Scan**
- Have your Physician complete the *Medical Clearance Form* and return it to Pushing Boundaries
- Complete and return the *Payment Policies* Form

Your Evaluation

Once the above documents have been received, your details will be reviewed by our Exercise Therapy team and you will be contacted to schedule your evaluation. Please plan on arriving 10-15 minutes prior to the start of your evaluation, to answer any questions and familiarize yourself with the facility. At that appointment, please bring:

- The Completed *Exercise Therapy Service Agreement*
- The Completed *Privacy Practices Form*
- The Completed *Information Release Form*
- The Completed *Facility Policies Form*

Setting Your Schedule

During your initial evaluation you and your exercise therapist will discuss your goals, stamina, availability, access/transportation, and other scheduling factors. You will then set a regular schedule for your Exercise Therapy!

A Few Other Notes

- It is always your responsibility to keep our team up to date with changes in your medical care or overall health.
- We will always provide a minimum of 30-days' notice of any policy changes that affect your care or financial responsibility.
- It is not permitted to solicit exercise therapy from the staff outside of Pushing Boundaries.
- The team at Pushing Boundaries believes strongly in our mission, and our clients. Please do not hesitate in reaching out should you ever have questions or concerns (there is a 'Contact Information' sheet in this packet).
- Our Exercise Therapists will challenge you. As such, please dress in non-restrictive clothing and supportive athletic shoes.

**Bone Density Scans are required for clients whose primary mode of transportation is a wheelchair, and who have been in a chair longer than one year.*