

Initial Osteopathic Consult

60 mins | \$135

1. Detailed medical case history
2. Thorough physical examination
3. Explanation of diagnosis
4. Tailored treatment plan
5. First treatment
6. Prescribed exercise program

Return Osteopathic Consult

30 mins | \$115

1. Detailed medical case history
2. Thorough physical examination
3. Explanation of diagnosis
4. Tailored treatment plan
5. Treatment
6. Prescribed exercise program

Coaching & Exercise rehab session

45 mins | \$115

1. Online or in-person, this session will help you develop a plan to achieve personal goals surrounding exercise rehabilitation and moving day-to-day without pain.
2. Fully tailored exercise program (strength and stability class with demonstrations, regressions and progressions of exercises depending on what your body needs at the time).