

Exercise Delivery Script -

“Later today, you'll receive an email from my office with your report containing crucial details on how we'll work together to manage your [condition], including your home exercises. If you don't spot it, please check your spam folder first. Should it end up there, please add the email to your safe senders list. If you're still missing the email, contact [my receptionist], and they can resend that email to you.

Your report will include images and detailed descriptions for each exercise as well as instructions on how to view your exercise videos. I expect that you'll review this info and reach out with any questions. During your next visit, we'll check that you're doing these exercises correctly. Additionally, expect a follow-up survey in 30 days asking about your progress to recovery and experience thus far. Your input helps me to continually improve. Thanks in advance for your participation!”