What to expect at your first visit

Before you come

Wear comfortable clothes you can move in.

Bring your insurance card and a list of medicines.

Your baby is welcome. There is room for a stroller.

During the visit (about 60 minutes)

We talk about your history, symptoms and goals.

We check posture, breathing, core and hips.

An internal pelvic exam happens only if you agree.

After the visit

You leave with a short home program and a plan.

This is a placeholder upload. Real practices upload their own forms. No patient information is collected by Beyond Baby MD.