

## WHAT TO EXPECT

- The initial examination typically lasts 1 hour. The first part of the visit will be a consultation with the doctor to go over your history and the reason for your visit. The second part will be your first treatment. Additional visits beyond your initial exam will be 30 minutes.
- Please bring comfortable clothing that permits access to your lower extremities (athletic shorts are great!) Additionally, please bring your most commonly used athletic shoes along with any inserts or orthotics that you use. We perform footwear testing that can provide important information regarding your case.
- You may experience muscular soreness in the sites used for Phoenix Wave Technology.
- You may experience muscular soreness in unexpected locations. This is due to the body's movement patterns being positively altered by the neural balancing procedure.
- The most expected pattern of relief for common neuro-musculoskeletal injuries is to gain 30-40% improvement in pain for greater than 2 hours. The duration at which relief is experienced is valuable data to be shared with your doctor on your next visit. Please be mindful of this change. Symptom relief should double in duration until a level of permanence is achieved.
- You may experience increased hunger due to energy expenditure during treatment. Be sure to satisfy this craving with additional fats and protein before your visits as this will permit you to have a greater stamina for the Phoenix Wave treatment.
- You may experience increased fatigue. This can be due to both neural balancing and the Phoenix Wave treatments. Allow yourself to accommodate 1-2 extra hours of sleep daily during your treatment. Your body heals during REM sleep.
- If you experience any dizziness, blurred vision, clammy feeling, shivering, or nausea, please call the office at 781-251-9500 to speak to your doctor. You are likely experiencing neural fatigue. This can be a by-product early in the rehabilitative phase of treatment if the energy demand is overwhelming your system.
- Please be sensitive to your appointment time. If any changes are necessary, we request that you cancel or reschedule within 24 hours. We equally value your time and strive to have short or no wait times. Additionally, visits beyond your initial exam normally range between 30-45 minutes.
- If you were recommended to wear tape around your ankle joint, DO IT! The importance of wearing this tape cannot be over-emphasized.
- If you have any questions or concerns, please don't hesitate to ask the doctor or contact the office!  
Phone: 781-251-9500 or Email: [Dr.Josh@GreaterBostonPerformanceCare.com](mailto:Dr.Josh@GreaterBostonPerformanceCare.com)

*Thank You & We Look Forward to Treating You!*