



**PRECISION  
IN MOVEMENT**

**PERFORMANCE  
PHYSICAL THERAPY Inc.**

# WELCOME TO PRECISION IN MOVEMENT & PERFORMANCE PHYSICAL THERAPY!

We are excited that you have entrusted us with your physical therapy and training journey.

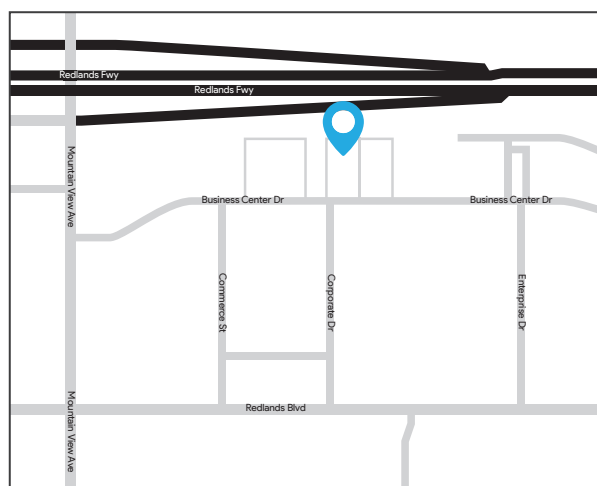


## STEP 1: ARRIVAL

Arriving at our location (see map):

25864 Business Center Drive, Suite C  
Redlands CA 92374

- Park on the north side of the building (near the freeway side).
- Entrance is located by the handicap ramp in the back of the building.



## STEP 2: CHECKING IN

Please arrive 20 minutes earlier than your appointment to fill out paperwork and ensure optimal start time with your provider.



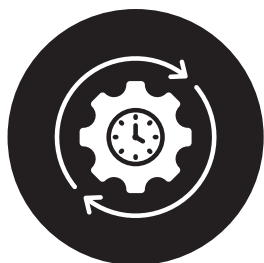
## STEP 3: COMPLETE VISIT

After your first visit, you should have received an exact plan of care on how to achieve your PT and training goals.



## STEP 4: SCHEDULE NEXT VISIT

Scheduling can be done at the front desk or by calling/texting 909-796-7700. Book your sessions ahead of time to prioritize your schedule and complete your all your visits. If you need to cancel or reschedule, please allow 24 hours ahead of time.



## STEP 5: PERFORM PRESCRIBED EXERCISES

To achieve your goals in the fastest way possible, we ask for your compliance and consistency with performing the prescribed exercises. The more consistent you are, the better your results will be!