

Patient's Guide to Dressing for Therapy

DO WEAR:

- Loose-fitting, comfortable clothing
- Athletic or leisurewear
- Layers - to adjust to temperature changes
- Easy access - clothing that allows access to the injured area
- Supportive footwear
- Socks
- Sports bra

DO NOT WEAR:

- Tight or restrictive clothing
- Dresses or skirts
- Unsupportive footwear
- Excessive jewelry
- Heavy or bulky items
- Babies and toddlers - No onesies

ADDITIONAL CONSIDERATIONS:

- Hygiene – ensure your clothes are clean and fresh before appointments
- Hair – Tie up long hair to prevent obstructing exercises or treatments
- Babies – bring a blanket for the baby to lie on during therapy
- Assistive devices - wear any braces, orthotics, or other assistive devices to your appointment
- Consult your therapist for specific recommendations based on your individual needs and treatment plan.