

Margo A. Spak Hemedinger, PT/LMT



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INSTRUCTIONS FOR REQUIRED FORMS AND OTHER IMPORTANT INFORMATION

There are 2 forms that I require you to complete prior to your first treatment session. They are fillable PDFs and can be completed on your phone, online, or printed and filled out by hand, whichever you prefer.

- ❖ Intake Form
 - ❖ Covid 19 Waiver
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- If you fill them out on your phone, I believe you can just open the attachment, fill them out and share them back to my email.
 - If you fill them out online, you will need to download them, complete and save them, then email them back to me.
 - Or, you can print them, complete by hand, and bring them with you to your appointment.
 - If you do not have the ability to complete these forms either electronically, or to print them, please let me know, and I will leave them hanging on a clipboard outside my door for you to complete prior to your entry.

OTHER IMPORTANT INFORMATION

Please arrive 5-10 minutes early if you will need to fill out these forms upon your arrival, otherwise, arrive a just few minutes prior to your scheduled time. Please wait in your car until you see me open the door to greet you. Also, NYS guidelines continue to require the use of a facial covering at all times during your massage, except for when in the face down position when using the face cradle. If you choose not to use the face cradle and desire the use of a pillow, you will then be required to leave your facial covering on throughout your entire visit.

I accept credit card (fee waived during pandemic), personal checks, and cash payments. **Please note however, cash payments are for exact amount only to limit exchange of currency. I will not provide change for any cash payments that are not exact.**

I am located at 301 Smith Hill Rd just off Upper Front St in Binghamton, behind Sonic. I am the first driveway on the right. There is a large white house out front (not mine) and I am in the brown building out back. You will see my sign out front, as well as one on the building. Please park out back or feel free to use the handicap spot by the door as you will be the only one at my office during your scheduled time. **Do not park** in either of the 2 spaces along the driveway as these are designated for the tenants of the house.

Thank you!
Margo