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www.monadnockmfr.com

We are looking forward to meeting you and working with you to achieve your goals for health and wellness.

During the first session you will receive a comprehensive evaluation, treatment and consultation. The evaluation consists of a postural analysis (with photos if you choose), movement and range of motion analysis, and depending on your condition we may do strength and sensory testing as well.

MFR treatment is most effective when done directly on your skin, and requires a lotion free surface. **Please don't apply lotions or oils to your body the day of your treatment.**

Please bring something to change into so that we can see your body structure and have as much access to your skin as possible. Ideally, this would be shorts for men, and shorts and a bra or two piece bathing suit for women. However, if this isn't comfortable for you, bring something comparable ie. tank top and shorts.

At the end of your treatment, you will receive a consultation. Your therapist will explain what was found during the evaluation and treatment, and together you will decide on the treatment program that best suits your needs.

MFR is meant to be done as a comprehensive treatment program, and most clients receive 1-3 sessions a week every week for up to 6 weeks to start. This will vary according to the individual, but it's important to remember that to create effective changes and permanent results, more is better at the beginning. Your treatment program will also include a self-care regime that enhances and maintains the results accomplished in your treatment sessions. This is crucial for creating dramatic and lasting changes.

We take checks made out to Monadnock MFR, cash, and credit cards in office. We are located in the Miller Forge building just past the Elks Lodge on the right of Roxbury St. There is free parking located in front of the building.

If you have any questions, don't hesitate to ask. Welcome to Monadnock MFR!

Updated 7/2019