



INFORMATION FOR PRIVATE PAY CONSULTATIONS & WELLNESS VISITS with Dr. Clare Frank

RATES

	In-Person/Telehealth
Initial Consult (60mins)	\$350
Follow-Up (50 mins)	\$275

In Person Visits at:

Location: Evergreen Physical Therapy Specialists
111 South Hudson
Pasadena CA 91103
<https://www.evergreenpt.net/>

Dr. Clare Frank is out-of-network and does not accept insurance or provide superbills.

TELEHEALTH

Virtual Video Consultation via doxy.me or Facetime, Whatsapp Video.

What does the session entail?

From a movement system perspective, I will be looking at your body as a WHOLE, to understand how one component may affect the other, like a “domino” or a “ripple” effect. For example, your neck pain may be caused by an overloading of your chest muscles stemming from impaired breathing and/or postural adaptations. Treatment will be focused on the “key” impairments that led to your dysfunction or impaired performance, but most importantly, to help “re-wire” or recalibrate your brain for optimal body-mind health.

In addition, you will receive a home exercise program to reinforce the clinical treatment. One of my primary goals is to help **educate**, **inspire** and **empower** you to take charge of your symptoms so you can get back to doing the things that you want to do.

For the higher functioning client or athlete, the movement system evaluation and treatment seek to address the “weak links” to improve your performance and minimize risk for injury.

[Contact Dr. Clare Frank](#) to schedule appointment. Payment is due at the time of visit. Please note that appointments that are cancelled with less than 24 hours’ notice will be charged in full.