

	What to Bring
Hip	<ul style="list-style-type: none"> • Current medication list • List of over the counter vitamins/supplements • Wear comfortable clothing to be able to move your hip • Ontario Health Card
Knee	<ul style="list-style-type: none"> • Current medication list • List of over the counter vitamins/supplements • Wear or bring comfortable clothing to be able to move your leg and view your knee • Ontario Health Card
Shoulder	<ul style="list-style-type: none"> • Current medication list • List of over the counter vitamins/supplements • Wear or bring a tank top or loose t-shirt to be able to move and view your shoulder and upper back muscles. Men may choose to remove their shirts if comfortable or bring an appropriate top • Ontario Health Card
Spine	<ul style="list-style-type: none"> • Current medication list • List of over the counter vitamins/supplements • Wear comfortable clothing • Ontario Health Card