

What to Wear to Your First Appointment to the Clinic:

It is important that you wear appropriate clothing so that we can properly examine you while ensuring that you feel comfortable throughout the process.

For FEMALES:

On the top, an "H" back sports bra (or a bikini-top) is ideal as the spine is exposed and there is no metal in it. A regular bra is acceptable for your examination, but because it has metal clips and may have underwire, it will have to be removed if we are taking x-rays.

If you do not have an "H" back sports bra (or bikini top), we have tops in most sizes at the clinic that you may wear for your appointment; please advise us of your size ahead of time so we can confirm that we have something that will fit you.

On the bottom, please wear thin, tight fitting, stretchy pants. Athletic shorts/tights like "yoga" pants are ideal. A sensible cotton underwear/panty is also acceptable.

For MALES:

Please wear a fitted, athletic style "boxer" underwear/brief.