

Frequently Asked Questions (FAQs)

1. Why should I do a physical screening/ assessment at the first session?

A physical screening is essential to identify the **root cause of your condition**. It provides valuable insights into your movement patterns, posture, muscle strength, and range of motion, enabling us to design a **tailored treatment plan** for effective results. Screening helps ensure precision and long-term progress in your rehabilitation journey.

2. What is MAT Assessment?

The **MAT Assessment (Movement Assessment Technologies)** is a globally recognised tool used by healthcare practitioners to evaluate posture, movement, and muscle imbalances. This data-driven approach allows us to pinpoint issues accurately and create personalised treatment plans. It's particularly beneficial for athletes in sports like golf, badminton, and tennis, and can include video analysis for further insights.

3. Why is there no free trial?

We don't offer free trials as our initial session includes a thorough **assessment, consultation, and treatment planning**. These professional services require expertise, tools, and time to deliver results. If you opt for the **MAT Assessment + First Rehab Session**, you will receive a consultation, detailed screening, and immediate treatment.

4. What will I receive during my initial assessment and treatment session?

Your session will include the **comprehensive physical assessment** explained above, along with consultation and immediate treatment if you choose the **MAT Assessment + First Rehab Session** option. This ensures a holistic start to your rehabilitation journey.

5. What is your payment and booking policy?

Payment is required to confirm your booking. Sessions are **non-refundable**, but rescheduling is allowed with **at least 24 hours notice**. Immediate bookings (within 24 hours) can only be made via **WhatsApp** or **call** and require **full payment upfront** to confirm.

For more information or to book a session, visit:
foonrehab.setmore.com

6. Can I book for maintenance sessions?

Yes, maintenance sessions are available for clients who want to sustain their progress, prevent relapses, and optimise their mobility over time.

7. Do you offer house call services?

Yes, house call services are available for clients who prefer treatment at home. First-time clients are required to complete an **acknowledgement form** and a **liability waiver**.

Travel Fee: House call services start at **RM 250**, depending on your location. Additional charges may apply for areas further from our centre.

8. What should I bring for my session?

Sports Attire: For easy movement. Some treatments, like cupping or IASTM for the upper body, may require removing your shirt for better access.

Small Sweat Towel: Recommended for rehab exercises.

Water Bottle: Optional, but hydration is crucial for effective treatment.

Hydration Tip:

Please rehydrate at least **30 minutes before your session**. Proper hydration improves circulation, reduces muscle tension, and enhances recovery during soft tissue manipulation.

9. Where can I park?

Park at Starling Mall (Uptown) and make your way to the G floor. Exit through the door near Post Laju, IT World, and other outlets. Cross the street, and you'll find us located behind Hong Leong Bank.