

It's time to begin your Myobrace activities program with your virtual Myobrace health coach!!

Melissa will be reaching out to walk you through the start of our Myobrace program and answer any questions you may have. You may contact Melissa at myotherapyandme@gmail.com with any questions or concerns throughout your child's Myobrace treatment.

Gianna will help you schedule your virtual Myobrace activities appointments, please schedule at a time that is convenient for you and your child to attend.

text: 973-778-4222

call: 973-778-4222 Ext. 1

email: gianna@alignmine.com

Before your appointment with your Myobrace health coach, you will need to download the Myobrace app. Please follow the directions below.

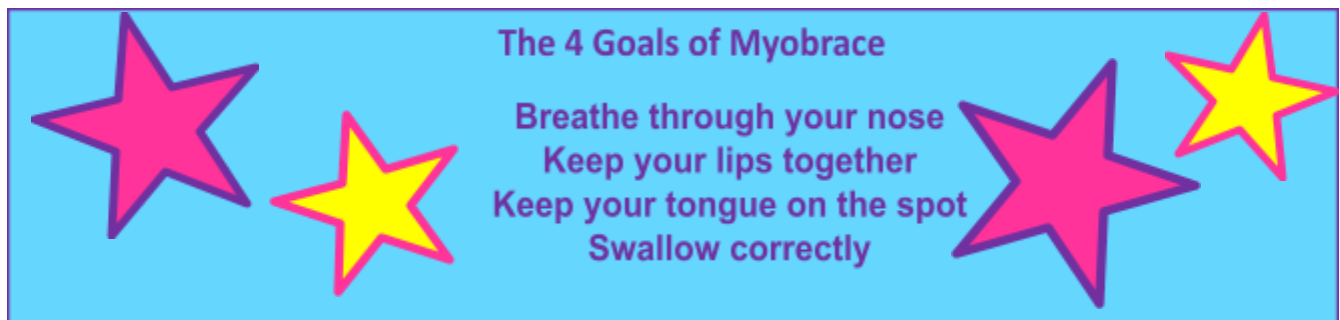
www.MyobraceActivities.com

Scroll down to the bottom of the page and [download the app](#) from your computer/tablet/phone and login through the app only.

You **cannot login directly from the website.**

Username: [In Email](#) Password: _____

Your Myobrace health coach will walk you through the Myobrace app and review each activity in the necessary order throughout the program. It's important for you and your child to understand the purpose of the Myobrace and the goals of the Myobrace program.



To reach these goals you and your child will need to commit to wearing the Myobrace for 1 hour a day, to sleep every night and to practice your activities two times a day as instructed by your Myobrace health coach.