FREE GUIDE · RÉHABITAL · CÔTE SAINT-LUC

Your First Osteopathy Visit

Before the appointment

No medical referral is required in Quebec. Wear comfortable clothing and bring imaging reports if available.

What to expect

- Health history and goals.
- Examination, postural analysis and palpation.
- Adapted manual treatment.
- Plan, advice and reassessment.

After the session

Mild soreness may occur for 24 to 48 hours. Follow the personalized recommendations provided during your visit.

Current fees

Initial assessment: $125 / 60 min.
Follow-up: $110 / 60 min.
Extended session: $150 / 90 min.
Official private-insurance receipt issued after every session.

Your osteopath

Shahram Ghasemi, MD (Iran), DOMP, founder of Réhabital, has over 30 years of clinical experience.

Prices verified September 6, 2026. Prices in Canadian dollars, before GST and QST. Current list: rehabital.ca/tarifs.