

# MEDICAL DISCLAIMER

OSO Physical Therapy | [osophysicaltherapy.com](https://osophysicaltherapy.com)

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**PLEASE READ THIS DISCLAIMER CAREFULLY BEFORE USING THIS WEBSITE.**

## 1. Informational and Educational Purposes Only

The content published on [osophysicaltherapy.com](https://osophysicaltherapy.com), including but not limited to articles, blog posts, exercise descriptions, videos, graphics, and all other materials (collectively, the "Content"), is provided for general informational and educational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

## 2. No Physical Therapist-Patient Relationship

Reading, accessing, or using this website — including submitting a message through the contact form — does NOT create a physical therapist-patient relationship between you and OSO Physical Therapy or any of its clinicians. A formal therapeutic relationship is only established after you have (a) been accepted as a patient, (b) completed all required intake documentation, and (c) attended a scheduled in-person evaluation.

## 3. Consult a Healthcare Professional

Always seek the advice of a licensed physical therapist, physician, or other qualified healthcare provider before beginning any new exercise program, rehabilitation regimen, or health-related activity. Never disregard professional medical advice or delay seeking it because of information you have read on this website.

If you are experiencing a medical emergency, call 911 or go to the nearest emergency room immediately.

## 4. Exercise and Rehabilitation Content

Exercises, stretches, and rehabilitation techniques described on this website are general in nature and may not be appropriate for your specific condition, fitness level, or health status. Performing exercises described on this website without the guidance of a licensed healthcare professional could result in injury. You assume all risks associated with using this Content.

OSO Physical Therapy expressly disclaims any liability for any injury, loss, or damage incurred as a direct or indirect result of performing exercises or following recommendations found on this website.

## **5. Accuracy and Currency of Information**

While OSO Physical Therapy makes reasonable efforts to provide accurate, up-to-date information, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability, or availability of the Content. Medical and rehabilitation science evolves, and information on this website may not reflect the most current research or clinical guidelines.

## **6. Scope of Services**

This website describes the general services offered by OSO Physical Therapy. The specific services appropriate for you will be determined by your treating physical therapist following a comprehensive evaluation. Not all services described on this website will be appropriate for every patient.

## **7. Third-Party Content**

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## **8. Contact Us**

If you have questions about this Medical Disclaimer, please contact us:

OSO Physical Therapy

1726 Clement Ave, Alameda, CA 94501

Email: [dan.hirai@osophysicaltherapy.com](mailto:dan.hirai@osophysicaltherapy.com)

Phone: (510) 915-1448

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