

Statement of Informed Consent

This will answer most of your questions about therapy at my office. You have the right to ask additional questions about qualifications and training, background and techniques and modalities that I may use in my sessions with you.

Ethics:

We strictly adhere to the professional laws and regulations that govern the practice of healthcare, bodywork and massage therapy in the state of Texas. Additionally, we comply and endorse the ethical guidelines set forth by the Texas Department of State Health Services, the Texas Massage Therapy Licensing Program, and the National Certification Board for Massage Therapy and Bodywork.

Confidentiality:

By law and professional ethics, your sessions are *strictly* confidential. No information will be shared with anyone without your written permission. In addition, your name, details about your appointment or treatment session, and information about your health is treated with the utmost confidentiality.

Contraindications for Massage Therapy:

Inform your therapist if you have any of the following conditions:

- Cancer
- Fever
- Hemorrhage or Hemophilia
- Blood Clots
- Inflamed lymph nodes
- Infectious Skin Disease
- Contagious disease
- Edema due to chronic heart failure or kidney failure
- Decreased sensation
- Inflammatory condition in the acute stage
- Acute phlebitis and/or deep venous thrombosis
- Acute trauma or recent surgery
- Infection in the skin or deeper tissues
- Under the influence of drugs or alcohol

Always consult your physician if you are unsure if bodywork or massage therapy is appropriate for your particular health situation.

Scope of Practice

Therapeutic bodywork and massage therapy is not intended to replace the services of a physician, physical therapist, chiropractor or other licensed medical provider. It does not constitute a doctor-patient relationship. Medical diagnosis of a condition is not rendered at this office or by EnjoyTherapy. You should always consult a physician in all matters related to your health and particularly in respect to any symptoms that may require diagnosis or medical attention.

EnjoyTherapy

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Under rule 141 of the Texas Administrative code, massage therapy is defined as “the manipulation of soft tissue by hand or through a mechanical or electrical apparatus for the purpose of body massage. The term includes effleurage (stroking), petrissage (kneading), tapotments (percussion), compression, vibrations, friction, nerve strokes, and Swedish gymnastics. Massage therapy may include the use of oil, salt glows, heat treatments, hot and cold packs, tub, shower or cabinet baths. Exercise therapy may involve the use of resistance bands, therapy balls and other aides. Equivalent terms for massage therapy are massage, therapeutic massage, massage technology, myo-therapy, body massage, body rub or any derivation of those terms. Massage therapy is a health care service when the massage is for therapeutic purposes. The terms “therapy” and “therapeutic” do not include diagnosis, the treatment of illness or disease, or any service or procedure for which a license to practice medicine, chiropractic, physical therapy, or podiatry is required by law. Massage therapy does not constitute the practice of chiropractic.

Therapeutic Methods and Techniques:

The methods and techniques employed during your session depend in great measure on your desires, goals and needs. You and I may review your personal history, discuss your expectations and goals, and use that information to decide what type of work and methods to employ. The work that we do is an ongoing collaboration between you and me. Methods and techniques used often shift from one session to the next to accommodate changing results and needs. When suggesting a technique or method, I may draw from one or a combination of the modalities listed below.

- Swedish massage
- Orthopedic Sports massage
- Myofascial Release
- Deep Tissue Massage
- Active/Isolated & Facilitated Stretching
- Neuromuscular Re-patterning
- Ultra Sound
- Hot Packs/Cold Packs
- Paraffin Bath

If you have questions about the effectiveness of the treatment, thoughts or questions about something that I have said or suggested or need clarification on our goals and intentions, do not hesitate to bring this up, before, during or after your session.

Appointments and Payments:

- Payment is due at each session (or in advance), unless other arrangements have been made in advance.
- As much advance notice as possible is appreciated for appointment changes or cancellations. Except for unforeseeable emergencies, full payment is due for missed appointments or cancellations made with less than 24 hours notice without verbal agreement.
- As a courtesy, we'll usually give you a reminder call or e-mail the day before your in-person session. Please don't rely on this as your only way to remember your sessions, though as we're not always able to provide reminders.

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Communication:

The most important factor in receiving the best possible therapy is good communication between both parties. Clear, intentional and thoughtful dialogue is at the core of my work. I welcome your questions and feedback regarding your sessions with me.

I enter each session with a goal to provide you with experience and training that will help you achieve your health and wellness goals. If at anytime you are uncomfortable, or the work that I am doing is causing you any pain or discomfort, please let me know so I can adjust my technique or the pressure that I am using. Pain is not a component of the therapeutic process.

Further information:

- You have the right to terminate the session at any time, regardless of the reason.
- Therapeutic bodywork and massage includes your arms, legs, torso, head, and neck.
- Although not relevant to all clients or all sessions, the modalities I employ may include hands-on body therapy modalities mentioned above (for example, Deep Tissue bodywork, Cranial Sacral, Neuromuscular retraining, or Myofascial Release).
- Payment in cash or check only please.
- Even though your Insurance Company may reimburse you for Massage Therapy visits, I do not bill insurance companies. I will provide any helpful documentation for you to submit and for you to request reimbursement.
- In a professional relationship, sexual intimacy between therapist and client is NEVER appropriate. Any inappropriate relationship should be reported to the Texas Department of State Health Services.
- You should know there are certain circumstances under which I may be required to disclose information without your consent, although rare, including an issuance of a subpoena by a court of law or client involvement in criminal proceedings). Should either of these or other appropriate circumstances arise in our work, I will notify and discuss them with you.

Draping and Modesty:

The preferred method of draping is for you to be covered at all times. You only need to remove as much clothing as you are comfortable. In certain cases, such as stretching and movement exercises, you may be asked to wear very loose workout clothes, or potentially a comfortable swimsuit. Some techniques may require a degree of exposure. Your modesty will be honored at all times.

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Complaints:

An individual who wishes to file a complaint against a massage therapist, a massage therapy school, a massage therapy instructor or a massage therapy establishment may write to:

Complaints Management and Investigative Section
P.O. Box 141369
Austin, TX 78714-1369

Or call (800) 942-5540 to request the appropriate form or obtain more information.

I have read, understood and agree to the information and policies described in this patient disclosure form (4 pages).

Signature of Client

Date

Signature of Therapist

Date

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