

General Disclosure and Informed Consent

WELCOME TO ACTIVE PEACE THERAPEUTIC BODYWORK

Massage Defined

Massage can be defined as structured, professional touch. Massage techniques manually manipulate the muscles, tendons, and fascia of the body to promote health and wellness. Benefits of massage include stress reduction, circulation enhancement, increased relaxation, and relief from muscular tension, soreness, and pain. People may find that meditation, as well as other bodywork systems like myofascial release and energetic bodywork, provides results similar to relaxation massage.

Limitations of Massage

Massage therapists do not diagnose medical diseases or musculoskeletal conditions and massage is not a substitute for medical examination and treatment. Massage therapists do not prescribe herbs or drugs, including aspirin or ibuprofen, or medical treatments. They do not perform spinal adjustments and they cannot counsel clients about emotional or spiritual issues as would be provided by a mental health professional or spiritual leader. If you experience symptoms that lead you to believe you may have a medical condition, it is recommended that you visit a physician for diagnosis and treatment. For a detailed description of the massage scope of practice in this state, please visit the Board of Massage website at <http://dora.colorado.gov>.

Adverse Reactions to Massage

Massage may lead to adverse reactions in certain situations or when used with certain conditions or medications. The massage therapist will evaluate your health-history intake and ask you questions to make sure it is safe for you to receive massage. In the event the massage therapist is uncertain that massage will be of benefit to you, he or she may ask you to provide a note from your physician stating that it is safe for you to receive massage. Please provide complete details of medical conditions and medications to your massage therapist during the health-intake interview. Failure to inform the massage therapist of all medical conditions and medications may place you at increased risk for adverse reactions.

ACTIVE PEACE THERAPEUTIC BODYWORK and YOU

Therapist Training and Experience

The massage therapist of Active Peace Therapeutic has completed a minimum of 500 hours of massage training from a state-approved school and passed the state licensing requirements. Therapists at Active Peace Therapeutic are knowledgeable in Swedish massage, and deep-tissue and myofascial release techniques, as well as hydrotherapy. Therapist is also specialized in prenatal massage, fertility massage, postpartum massage, reflexology, and infant massage instruction. Ask for a menu of services or visit the website www.activepeacetherapeutic.com to learn more about these forms of bodywork. Please ask us for a copy of our preferred provider list in the event we can't meet your particular needs.

Business Policies and Practices

You may book a 30-minute (\$30), 60-minute (\$50), or 90-minute (\$70) session, session times and prices for other modalities are listed in the menu. Active Peace Therapeutic accepts cash, personal checks, and all major credit cards. We do not bill insurance companies for services. Plan to arrive 10 minutes early to update your paperwork and discuss any changes to your condition with your massage therapist. The first session usually requires a longer health intake process, so new clients should arrive 20 minutes early on

General Disclosure and Informed Consent

their initial visit. Clients arriving late will be charged for the full session and the session will end promptly at the scheduled time.

Clients must cancel sessions with 24 hours' notice or pay for the missed session in full. Returned checks will be charged a \$20 processing fee. Business hours are from 8:00 a.m. to 6:00 p.m. Walk-in appointments are not available, but you may call for same day appointment availability. Children and teens are welcome, but an adult guardian must be present for the entire session.

Clients receive a massage for every FIVE (5) friends or family members they refer to Active Peace Therapeutic. Occasionally coupons for discounts on services are sent as part of our client newsletter. Sign up for our free newsletter. Tips to the therapist are not accepted at this time.

Expectations and Rights

The client is expected to demonstrate good hygiene and not use illegal drugs or alcohol before the session (the use of drugs and alcohol make it unsafe for a client to receive massage). Clients and therapists are expected to refrain from any behavior of a sexual nature, including sexual jokes, nicknames, or immodest conduct. Sexual behavior from the therapist toward a client is grounds for therapist termination and may lead to a formal complaint filed with the state board of massage. This may lead to the loss of the therapist's license. Sexual behavior from the client toward the therapist is inappropriate and will lead to the termination of the session and refusal of further service.

The client has a right to prompt, professional service in an environment that is clean, private, and safe. Client information is not shared with any members of the public or other health-care providers unless the client releases the information in writing. A court of law may order the client's health-care records released to the court as part of a legal proceeding. Therapists are obligated to report information about the abuse of a child, elderly person, or mentally or physically challenged person in the event that such information is related during the session. Therapists are obligated to report threats of self-harm, or threats that the client plans to harm another person, to authorities.

The client has the right to end the session at any time should they feel dissatisfied or uncomfortable with the session in any way. Clients who are dissatisfied with a therapist are encouraged to discuss it with the therapist. Formal complaints for ethical or legal issues can be filed with the state on the Board of Massage website.

Your Massage Session

After you complete the health intake form, the therapist will review the form with you, discuss your goals for the session, and take you to the private treatment room. The therapist will customize the massage to meet your specific needs within the limits of training and scope of practice. The therapist will then leave the room while you undress and position yourself under the drape on the massage table. Only the area being massaged at the time is undraped as the session proceeds. The breasts, genitals, and anus are never undraped during a session, and every effort is made to respect and protect both the client's and therapist's modesty. You may leave on any amount of clothing you prefer, although some therapies such as Thai massage or Shiatsu are done with you FULLY CLOTHED. While the therapist will ask you a few questions—for instance, about the comfort of the stroke pressure, room temperature, or choice of session music—and you should let the therapist know immediately if you are not comfortable, other conversation during the session is guided by your lead and preference. Silence allows you to relax fully and enjoy the session.

General Disclosure and Informed Consent

Informed Consent

I have read and understand the disclosures, policies, and procedures of Any Massage Clinic, and I would like to receive a massage session or request a session for my child or dependent. I understand the benefits and limits of massage therapy and understand massage may cause adverse reactions in certain situations. If I experience any discomfort during the session, I will immediately inform my therapist so he or she can modify the massage strokes. I understand massage therapists do not diagnose diseases or conditions, prescribe medications or treatments, or perform spinal adjustments. I recognize massage is not a substitute for medical treatment and should I need medical treatment, I will seek out the appropriate health-care professional (physician, psychotherapist, chiropractor, etc.). I understand that it is my responsibility to keep the massage therapist informed of changes in my (or my child's or dependent's) health status, diagnosed medical conditions, and medication. I understand that failure to inform the therapist of these changes may place me (or my child or dependent) at greater risk of adverse reactions to massage. I release the massage therapist of any liability if I fail to disclose the appropriate health-related information.

****Client's signature accepting these terms is required on all intake forms.****