

### Practitioner Credentials

All LMMT massage therapists and chiropractors are licensed in the State of Georgia. This means each massage therapist is licensed for use of therapeutic modalities and agents with the intention of soft-tissue manipulation, neuromuscular reeducation, and/or joint mobilization. Each chiropractor is licensed to perform adjustments of the spine or articulations of the human body which may include manual adjustments and adjustments by means of electrical and mechanical devices which produce traction or vibration. These practitioners may recommend home-maintenance activities including but not limited to self-massage, self-administered hydrotherapy, movement and stretching activities, stress-reduction and stress-management techniques, and meditation. Corrective Exercise Specialists are certified to instruct on self-administered myofascial release techniques, stretching techniques, and exercises with the intent of stabilizing and creating balance in the body and improving form in exercise movements.

### Massage Procedural Details

Disrobing is often involved in massage therapy sessions but is never required.

*Disrobing:* Clients may undress to their level of comfort only after the therapist has exited the client's line of sight. The client will give a verbal "OK" once situated under the draping as instructed by the therapist.

*Draping:* The therapist will only undrape the areas of the body being worked on. The exception may occur during sports massage if the client remains at minimum in shorts and (for women) a sports bra.

*Re-dressing:* The client will wait until the therapist has exited line of sight to remove the drape and re-dress.

### Chiropractic Environment

Chiropractic adjustments are performed in an open environment with other patients present with the exceptions of Initial Assessment & Adjustment and Reassessment appointments. Though the LMMT staff has policies in place to limit the amount and content of information shared, incidental sharing of personal information may occur. Practitioners will communicate only personal items necessary to effectively perform the manual therapies during the session. Patients are highly encouraged to limit personal sharing in this environment to only information necessary for the adjustment as well. Additional information can be communicated through the patient's S.O.A.P. note or by requesting private discussion with one of the practitioners.

### Post-Bodywork Expectations

Massage modalities used in either a massage or chiropractic session to treat muscle spasms and trigger points can often leave a client mildly sore and/or bruised for 1-3 days after treatment. Additionally, it is common in chiropractic care to experience some mild tenderness in the days following the session; this is especially true for patients new to chiropractic care or those not regularly adjusted. If the client has any concerns about additional effects, those concerns should be communicated to the practitioner immediately. LMMT practitioners highly encourage sharing any notes regarding the body's response at the following session as this will help to tailor treatment.

### Right of Refusal

*Client:* The client has the right to terminate the session at any time for any reason.

*Practitioner:* The practitioner has a right, responsibility, and obligation, when a contraindication is suggested or presented, to refuse to treat a client or local area involved until the client obtains written or verbal permission to proceed from a qualified health practitioner. The therapist may also terminate a session due to inappropriate language or actions by a client.

- If a practitioner terminates a session due to inappropriate behavior, an incident form will be completed, and the client is responsible for payment of the entire scheduled session which will be paid before any future sessions. LMMT is permitted to use any payment form on file to complete payment.
- The practitioner reserves the right to issue a warning before terminating the therapeutic relationship with the client or to immediately terminate said relationship.

### Fees

Session length and subsequent fees, including discounts, will be agreed upon prior to the start of a session.

### Tardiness & Cancellations

Appointment times are as scheduled and cannot extend beyond the stated time to accommodate late arrivals. Please be on time to your appointment. A 24-hour notice is required for cancellation of an appointment, or you will be charged 50% of the scheduled appointment. Payment is due before your next appointment or within 2 weeks, whichever comes first. We will attempt to contact you no less than 3 times to discuss preferred form of payment and collect fees. If we are unable to receive payment within two weeks, we will charge the card on file.

### Sickness

Manual therapies are not appropriate care for infectious or contagious illness. Please cancel your appointment as soon as you are aware of an infectious or contagious condition. If it is within the 24-hour notice period, the cancellation fee may be waived.

### Information Use

The client's identity, personal and health-related information will not be shared with anyone outside the Life Moves Massage Therapy team by any means unless previously agreed upon in writing, subpoenaed by the court, or it is deemed necessary by Georgia Mandatory Reporting laws.

By signing below, I \_\_\_\_\_ acknowledge that I have read and understood the above information and agree to adhere to the guidelines set forth.

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/guardian signature (in case of a minor): \_\_\_\_\_

Date: \_\_\_\_\_