

Welcome to The Kneaded Knot Massage

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.

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 New Jersey Board of Massage and Bodywork Therapy.

Adverse Reactions to Massage

Massage may lead to adverse reactions in certain situations or when used with certain conditions or medications. I will evaluate your health-history intake and ask you questions to make sure it is safe for you to receive massage. In the event I am uncertain that massage will be of benefit to you, I 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 me during the health-intake interview. Failure to inform me of all medical conditions and medications may place you at increased risk for adverse reactions.

The Kneaded Knot Massage and You

Business Policies and Practices

You may book a 60-minute (\$80), 90-minute (\$115), or 120-minute (\$160) session. The Kneaded Knot Massage accepts cash and all major credit cards. I do not bill insurance companies for services. Please plan to arrive 10 minutes early to update your paperwork and discuss any changes to your condition with your me. The first session usually requires a longer health intake process, so new clients should arrive 20 minutes early on 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 you will be responsible for paying 50% of the cost of the missed session. Walk-in appointments are accepted if I am available.

Clients will receive \$10 off their massage for each friend or family member they refer to The Kneaded Knot Massage. Occasionally discounts on services are offered for special occasions such as client's birthday and certain holidays.

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 are expected to refrain from any behavior of a sexual nature, including sexual jokes, nicknames, or immodest conduct. Sexual behavior 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.

The client has the right to end the session at any time should they feel dissatisfied or uncomfortable with the session in any way.

Your Massage Session

After you complete the health intake form, the I will take you to a private treatment room, review the form with you, and discuss your goals for the session. Together we will customize the massage to meet your specific needs within the limits of my training and scope of practice. I 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 and every effort is made to respect and protect your and my modesty. You may leave on your underclothing if you prefer. While I 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 me know immediately if you are not comfortable, other conversation during the session is generally discouraged. Silence allows you to relax fully and enjoy the session.

Informed Consent

I, _____ have read and understand the disclosures, policies, and procedures of The Kneaded Knot Massage, 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: _____

Date _____

