



**nourished**  
MEDSPA AND WELLNESS CENTER

## CONSENT FOR TREATMENT

### Massage

#### **PURPOSE AND BACKGROUND**

As a patient of Nourished MedSpa and Wellness Center, I have requested massage therapy, which is used for the basic purpose of relaxation and relief of muscular tension. The procedure may require multiple sequential treatments.

#### **PROCEDURE**

Massage therapy is the assessment of the soft tissues and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabilitate or augment physical function or relieve pain.

#### **RISKS AND COMPLICATIONS**

1. There is a rare risk of blood clots, nerve damage, infectious skin conditions, mystery pains, and skin rashes.
2. The procedure(s) may aggravate a pre-existing condition or injury or even increase pain and/or swelling.
3. It is very possible that this procedure may fail to achieve your desired results. Strict adherence to the pre-op and post-op instructions is essential. You may need to repeat your treatments to achieve the desired results.

#### **BENEFITS**

Massage benefits include pain relief, relaxation, blood pressure moderation, stress reduction and anxiety management. The American Cancer Society recommends massage for some cancer patients and The Touch Research Institute regularly reports clinical trials that tout the benefits of massage.

#### **ALTERNATIVES**

This is strictly a voluntary procedure. No treatment is necessary or required. Other alternative treatments which vary in sensitivity, effect and duration include: stretching, exercise, and more.

#### **QUESTIONS**

This procedure has been explained to me by the staff of Nourished MedSpa and Wellness Center. I have had an opportunity to ask any questions and research the procedure to my satisfaction.

#### **CONSENT**

If I experience any pain or discomfort during the session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment. I understand that massage therapists are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such. Because massage should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions, and answered all questions honestly. I agree to keep the massage therapist updated as to any changes in my medical profile during the session and understand that there shall be no liability on the massage therapists part should I fail to do so. I understand that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session. I also understand that the License Massage Therapist reserves the right to refuse to perform massage on anyone whom he/she deems to have a condition for which massage is contraindicated.

I understand that my consent and authorization for this procedure is strictly voluntary. I have already read and signed the Clinic's general consent and understand that it is still in effect. By signing this informed consent form, I hereby grant authority to Nourished MedSpa and Wellness Center and Dr. Jason Carter, MD (or other delegated medical providers for Nourished MedSpa and Wellness Center) to perform massage therapy and/or administer any related treatment as may be deemed necessary or advisable in the diagnosis and treatment of my condition. For purposes of advancing medical education, I consent to the admittance of observers to the treatment room.

The nature and purpose of this procedure and the complications and side effects have been fully explained to me. Alternative treatments and their risks and benefits have been explained to me and I understand that I have the right to refuse treatment. I agree to adhere to all safety precautions and instructions after the treatment. I have been instructed in and understand post

