

WholeBody

PHYSICAL THERAPY-RUNNING-WELLNESS

Participation Agreement, Release, and Acknowledgement of Risk

WholeBody is a holistic wellness office that offers physical therapy services, wellness services, and coaching services. Our name, meaning “unbroken,” represents our belief that the key to living a life free of pain and limitations starts by addressing the body as a whole.

Informed Consent For Physical Therapy Services

What Is Included in Physical Therapy Services? *Physical therapy services include: (a) the examination, evaluation, and testing of individuals to diagnose mechanical, physiological, or developmental impairment, functional limitation, disability or other health and/or movement disorders, to determine a rehabilitation prognosis and plan of therapeutic intervention, and to assess the ongoing effects of the interventions; (b) the alleviation of impairments, functional limitations, and/or disabilities by designing, implementing and modifying therapeutic interventions; and (c) the reduction of the risk of injury, impairment, functional limitation, and/or disability.*

What Are Examples Of Therapeutic Interventions? *Therapeutic interventions may include, but are not limited to: the evaluation or treatment of a person through the use of the effective properties of physical measures and heat, cold, electricity and use of therapeutic massage, therapeutic exercise, mobilization, and rehabilitative procedures, with or without assistive devices.*

Why Is My Physical Therapist Promoting Various Fitness, Health And Wellness Plans? *In providing a comprehensive physical therapy evaluation, a physical therapist may promote various fitness, health and wellness plans (including wellness and coaching services offered by WholeBody) designed to reduce an individual’s risk of injury, impairment, functional limitation and/or disability. These recommendations are not considered treatment.*

Which Services Are NOT A Part of Physical Therapy Services? *Physical therapy does not include wellness services (see below), coaching services (see below), radiology, electrosurgery, chiropractic technique or determination of a differential diagnosis.*

What are Your Potential Risks from Physical Therapy Services? *You may experience an increase in your current level of pain or discomfort, or an aggravation of your existing injury or condition. This discomfort is usually temporary; if it does not subside in 24 hours, you agree to contact your physical therapist.*

Informed Consent For Wellness Services

What is the function of Wellness Services? *Wellness services are non-invasive physical touch services used to increase flexibility and mobility and to reduce muscle tightness, tension and discomfort.*

What is NOT Included in Wellness Services? *These services do not include diagnostic services, specifically, the examination, evaluation, and testing of individuals to diagnose mechanical, physiological, or developmental impairment, functional limitation, disability or other health and/or movement disorders, to determine a rehabilitation prognosis and plan of therapeutic intervention, and to assess the ongoing effects of the interventions.*

What are examples of Wellness Services?

Myofascial Release - During myofascial release therapy, the provider locates myofascial areas that feel stiff and fixed instead of elastic and movable under light manual pressure. These areas, though not always near what feels like the source of pain, are thought to restrict muscle and joint movements, which contributes to widespread muscle pain. The focused manual pressure and stretching used in myofascial release therapy loosen up restricted movement, leading indirectly to reduced pain.

Therapeutic Stretching - Therapeutic Stretching is similar to massage in that it is delivered one-on-one and on a table. Before there treatment begins, you will complete a health intake form and do a short assessment with your provider. The provider will then focus on movements that target the muscles and connective tissue that surround the joints. The provider will move your body for you into postures that stretch specific muscle groups. To increase the effectiveness of some stretches, comfortable straps may be used. Your goal during the session is to relax, breathe and let the stretch therapist take the weight of your limbs and move you through the stretches. You should feel a stretch sensation, but never pain.

What are Your Potential Risks from Wellness Services? *You may experience an increase in your current level of pain or discomfort, or an aggravation of your existing injury or condition. Some clients have reported sensations (electrical, tugging, burning), muscle twitching, fatigue, delayed soreness, migration of pain, dizziness, nausea, and headaches/migraines following myofascial release. Any pain or discomfort is usually temporary; if it does not subside in 24 hours, you agree to contact your provider.*

Informed Consent For Coaching Services

What is included in Coaching Services? *Coaching services include group physical training courses and educational courses to teach skills focused on holistic wellness.*

What courses do you offer? *Currently, WholeBody offers senior exercise sessions, yoga, bike fittings, and plant based nutrition coaching.*

Are only group courses offered? *No. These services may be provided to you individually subject to the availability of the course instructor. Pricing for individual classes are determined by the instructor.*

What are Your Potential Risks from physical training classes? *Group physical training and exercises entail known and unanticipated risks which could result in physical or emotional injury, paralysis, death or physical damage to myself, to property or to third parties. The risks, include, among other things: collision with other participants, the equipment, the walls or other fixed objects, falling down, equipment failure, my own or other's negligence, objects or conditions on the surfaces that cause me to fall.*

ACKNOWLEDGMENTS

My initials next to each line below will serve to show that I acknowledge each statement and agree to the terms of this Participation Agreement, Release and Acknowledgement of Risk.

- _____ **I have read this Consent to Treat carefully and completely.**

- _____ **I understand what is included in physical therapy services, wellness services and coaching services, and that my medical physician may or may not agree with the necessity for or interpretation of the recommended treatments.**

- _____ **I have had an opportunity to ask questions and obtain any desired clarification.**

- _____ **I also understand that there is no guarantee or warranty for a specific cure or result.**

- _____ **I understand the above statements regarding examination and treatment side effects.**

- _____ **I give my permission and consent to WholeBody to perform physical therapy services, upon my request, including the performance of assessments and treatments as recommended by WholeBody from time to time.**

- _____ **I understand that I can stop the services at any time.**

- _____ **I voluntarily release, forever discharge and agree to indemnify and hold harmless WholeBody from any and all claims, demands, or causes of action, which are in any way connected with my participation in physical therapy services, wellness services, or coaching services or my use of WholeBody’s equipment or facilities, including such claims which allege negligent acts or omissions of WholeBody.**

- _____ **I agree that should WholeBody or anyone acting on its behalf, be required to incur attorney’s fees and costs to enforce this Agreement, I agree to indemnify and hold them harmless for such fees and costs.**

Today’s Date:

By my signature below (including my typed signature via electronic submission) I voluntarily consent and agree to be bound to the terms of this Participation Agreement, Release and Acknowledgement of Risk.

Signature of Participant: _____

Printed Name of Participant: _____

Address: _____

Phone Number: _____

Email Address: _____