

Client Waiver Form

Facilitated Stretch Therapy

Please take a moment to read and initial the following information:

_____I understand that facilitated stretch therapy (FST) is provided for stress reduction, relaxation, relief from muscular tension, and improvement of circulation, range of motion and energy flow.

_____If I experience pain or discomfort during the session, I will immediately inform my practitioner so that pressure can be adjusted to my level of comfort. I will not hold my practitioner responsible for any pain or discomfort I experience during or after the session.

_____I affirm that I have notified my practitioner of all known medical conditions and injuries.

_____I agree to inform my practitioner of any changes in my health and medical condition. I understand that there shall be no liability on the instructor's part should I forget to do so.

_____I understand that stretch therapy sessions are designed to assist in greater stretch gains and are non-sexual in nature.

_____I understand that there is a **24-hour cancellation policy**. If I am unable to cancel before that time I will be responsible for the costs associated with that session.

_____I agree that this is NOT considered Physical Therapy and it is not covered by Health Insurance. This is strictly a cash based program.

_____I understand that the services offered today are not a substitute for medical care. I understand that my practitioner is not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat physical or mental illness.

By signing this release, I hereby waive and release my practitioner from any and all liability, past, present, and future relating to these fascial stretch sessions/bodywork.

I have read and agree to these policies therein.

Client Name: _____

Client signature: _____

Parent signature (if under 18yrs): _____

Information and Suggestions

- Prior to your stretch, please remove jewelry or watches.
- Pull long hair back with a clip or band.
- Please wear loose, long, comfortable clothing that allow for freedom of movement.
- Feel free to ask your practitioner any questions before, during, or after the session.

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