

Purpose, limitations and intentions of massage

Massage Can Improve Health and Wellness

Approved September 2014

Position Statement

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can improve health and wellness through its effects on the physical, mental and social well-being of an individual.

Background Information

According to the World Health Organization (WHO), "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." With this in mind, it would be appropriate to state that anything that positively impacts the physical, mental and social well-being of an individual as well as possibly decreasing incidence of disease would improve health.

"Quality of life has become a pre-eminent goal of rehabilitation and a key outcome measure in ascertaining the effectiveness of interventions and rehabilitation programmers. Indeed, maintaining or enhancing quality of life is the ultimate goals [sic] of all health-care professional interventions." Quality of life is regarded as a key determinant of overall health.

We are now starting to understand how greatly stress negatively impacts our lives, health, well-being and quality of life. Research has shown that massage therapy can have a positive influence with the issue of stress and improving quality of life.

Research is showing us that massage therapy can help in varying populations with:

- Anxiety
- Depression
- Boosting immune function
- Lowering blood pressure
- Heart rate
- Decreasing pain
- Range of motion
- Quality of sleep



Policy and Procedure

We realize that our client's time is valuable and work to ensure that they have a safe, prompt, clean and mindful session. In turn we ask our clients to be as thoughtful when making and keeping their appointments.

- If for any reason your session has to be moved or cancelled you will receive a makeup session at no cost to you. Your therapist will contact you with-in 24 hours unless there is an unforeseen emergency in which case they will give you as much notice as possible.
- At the end of the session your satisfaction and wellbeing is our top priority. We ask that full payment be made at the beginning of the session. This allows time after the session for a brief Q and A.
- Precious Moments provides a professional atmosphere. Any inappropriate touch, statements or gestures will result in the forfeiture of all fees and the session ended.

We only accept clients by appointment. That being said it is **important** to keep your appointment once it is made. If for any reason you are not able to make your appointment we ask that you give the office a call as soon as you become aware of the situation. We understand that life happens so we ask that you give us as much notice as humanly possible.

- Please cancel your appointment 24 hours in advance
- If you do not cancel and do not show up for your appointment (unless a noted emergency arises) we will have to bill your credit/debit card
- All sessions are a full 60 minutes of hands on. Please arrive early to do any paperwork and we give 5 minutes afterwards for a brief Q & A. Late arrival time will be deducted from your session so please be on time.
- **Note: after 15 Min your therapist will not perform the session and we will charge your card.**
- **In home visits are available by recommendation only!!!**

Your therapist is neither trained nor licensed to provide medical treatment to diagnose, prescribe medications, or perform joint manipulations. He/she is not a licensed chiropractor, doctor, natural path, physical therapist, or podiatrist as required by law.

Client has been given a copy of and understands the purpose, limitations and intention of massage and consents to receive massage during this and future sessions.

Client understands that there can be remote risks with massage. Client recognizes that the therapist, staff, company, and facility will not be responsible for any injury(s) caused by an omission of any information or pre-existing condition.

Client recognizes that they have the opportunity to bring concerns to the therapist's attention before, during and after the session.

Client acknowledges having read and understands this document.

X _____ Date _____