

LOUISVILLE ROLFING
INFORMED CONSENT

My practice includes Rolfing® Structural Integration, movement education and nervous system work.

Rolfing SI is hands-on soft tissue work that aims to affect the way your body holds you up and moves you around.

In movement work, we do simple exercises to help your body learn new possibilities for movement.

In nervous system work, we work with your body's sensations to help regulate your nervous system.

In your first session, we will go over your history and goals. In each session, I will watch you walk and do simple movements. For most of each session, you will be lying on a massage table. Sometimes we will work with you sitting or standing.

I welcome your questions at any point. You have the right to refuse any touch, exercise, inquiry or technique I may use or suggest, and you have the right to terminate treatment at any time.

I trained in Rolfing Structural Integration and Rolf Movement Integration at the Dr. Ida Rolf Institute. I am a Somatic Experiencing (traumawork) practitioner-in-training.

POLICIES AND AGREEMENTS

Please don't come in if you have a cold, or any other illness, including rashes. "Symptom-free" is my guide for when it is safe have a session (not "not-contagious¹"). If you aren't sure, contact me and we'll figure it out. I won't be able to work with anyone who arrives with symptoms of any kind.

Please be clean for your sessions. I appreciate good hygiene. Dried sweat can interfere with my contact with your skin. Avoid slippery lotions on the day of your session.

I require a full 24-hours notice for cancellations or rescheduling, but I appreciate as much time as you can give me. If you can't come to a session, kindly let me know at your earliest convenience. I charge in full for missed sessions, unless something unforeseeable and unavoidable happens (like emergent illness or winter weather).

You should receive email confirmation when you schedule, and email and text reminders 2 days before your appointment.

I don't have my phone on after hours. I usually respond to phone calls and texts within one business day, and may take longer than that for emails.

I have read the above informed consent, understand, and agree to it.

Name (printed): _____

Signature: _____

Date: _____