



ORTHOPEDIC & FITNESS SOLUTIONS, PLLC

## **INDEMNIFICATION AND RELEASE AGREEMENT**

Personal training, wellness coaching, and physical therapy are all Client care services provided in response to a wide range of medical care needs of outpatients of all ages regardless of gender, color, ethnicity, creed, or disability. Programs and treatment may consist of rehabilitative procedures, mobilization, massage, exercises and physical agents to aid the Client in achieving their maximum potential for recovery and fitness within their capabilities.

All procedures will be thoroughly explained to the Client before the Client is asked to perform them. Client is expected to fully cooperate with the evaluation and treatment program. There are certain inherent risks with personal training, wellness coaching, and physical therapy because Client will be asked to exert effort and perform activities with increasing levels of difficulty that could increase the level of pain or discomfort with a current or previous injury. Client will be able to stop treatment if Client feels any discomfort or pain. Client will never be forced to perform any procedure that Client does not wish to perform.

In consideration of Orthopedic & Fitness Solutions, PLLC providing the personal training, wellness coaching, physical therapy, and such additional care services as may be provided, Client agrees as follows:

**PARTICIPATION.** Client agrees to cooperate fully, to participate in all personal training, wellness coaching, and physical therapy procedures, and to comply with the plan of care as it is established. If Client has a medical condition, Client shall consult with a physician to make sure that participation in the personal training, wellness coaching and physical therapy is appropriate.

**RELEASE OF MEDICAL INFORMATION.** Client authorizes the release of medical information to appropriate third parties by Orthopedic & Fitness Solutions, PLLC and Dr. Ryan M. Nordell.



ORTHOPEDIC & FITNESS SOLUTIONS, PLLC

**RELEASE.** Client agrees to release and discharge Orthopedic & Fitness Solutions, PLLC, its owners, directors, officers, employees, or assigns, specifically including, Dr. Ryan M. Nordell, from any and all claims, loss, liability, damages or causes of action arising out of the provision of services including but not limited to personal training, wellness coaching, and physical therapy, to Client. Client is participating in these sessions at their own risk.

**INDEMNIFICATION.:** Client agrees to indemnify, defend and hold harmless Orthopedic & Fitness Solutions, PLLC, its owners, directors, officers, employees, or assigns, specifically including, Dr. Ryan M. Nordell, from and against any and all claims, loss, liability, damages, causes of action or cost Client may incur due to any acts of negligence by Orthopedic & Fitness Solutions, PLLC and Dr. Ryan M. Nordell in the provision of personal training, wellness coaching, and physical therapy to Client. Client's indemnity and defense obligations shall not apply to gross negligence or intentional acts.

CLIENT AGREES THAT HE/SHE HAS READ THIS AGREEMENT, FULLY UNDERSTANDS THE PROVISIONS HEREOF, AND HAS VOLUNTARILY EXECUTED THIS AGREEMENT ON THE DATE SHOWN BELOW. .

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Client

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Signature

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Date