



702-518-3368 – Text Dr. Tara with any questions

Informed Consent - Bodywork

What is this therapy?

Neurovascular Integration has evolved from light-touch therapies similar to Craniosacral Therapy (CST), which originated as an osteopathic treatment. Various forms of CST have involved the use of light touch to mobilize the bones and membranes of the cranium, vertebral column, and sacrum so that the fluids around the brain and spinal cord move with more vitality. Neurovascular Integration moves beyond this fluid flow to focus on the elegant dance of the nervous system that regulates our sensory and motor functioning. A balanced, enlivened nervous system enhances the self-corrective mechanisms of the body and allows body, mind and spirit to flow with more ease.

What exactly are you doing?

My hands gently feel for the movement of the fluids in your tissues, assessing nervous system integrity and generalized organization through the organs and structures of the body. In this manner I can facilitate nervous system function by providing a light stimulus to affected areas, encouraging a more regulated sensory experience that lets the brain unravel the tissues that might be “stuck” or painful. The patient frequently experiences warmth, or a sense of relief, and spontaneous corrective movement patterns. This helps the body’s nervous system to assess “danger” in the body more accurately, generate an appropriate body “output” signal, and in general, to work more efficiently.

Are there any risks?

Bodywork therapies used in this office are gentle and non-invasive. No risks have been associated with these therapies.

- I understand that massage and bodywork techniques provided by Jennifer Flinn, LMT are intended to enhance relaxation, reduce pain caused by muscle and other soft tissue tension or restrictions, increase range of motion, improve circulation, and offer a positive experience of touch.
- I understand that massage therapy and bodywork is not a substitute for medical treatment or medications. I am aware that the massage therapist does not diagnose illness or disease, does not prescribe medications, and that chiropractic spinal adjustments are not part of massage therapy.
- I have documented of all my or my child's known physical conditions, medical conditions, and medications (including herbal remedies and supplements) in the health history, and I will keep the practitioner updated on any changes that occur.
- I realize that I have the right to refuse, modify, or terminate massage therapy or bodywork treatment at any time.

I CERTIFY THAT I HAVE READ AND FULLY UNDERSTAND THIS DOCUMENT AND ALL MY QUESTIONS WERE ANSWERED

Patient Name

Date

Parent Signature

Print Parent Name