



Be Well Massage: S. Shay Bakken, LMT (WI# 12910-146)
Address: 63 E 3rd St., Winona, MN 55987 Phone: (715) 210-5273

Client's Informed Consent & Bill of Rights

About the Therapist:

I completed my original training in massage in 1994 at Susan Raye's School of Massage, formerly of Rochester, MN. My initial education included 315 combined coursework and internship hours. Coursework included Anatomy, Business Ethics, and various modalities including Swedish, Touch for Health, Thai, Reiki, Body-Mind Centering, and Reflexology. My internship was completed at Jensen Chiropractic Clinic in Stewartville, MN under the supervision of Dr. Robert Jensen. I have been a member of Associated Bodywork and Massage Professionals since 1995. I have been practicing in day spas and in private practice in MN since 1995. While working for past employers, I completed continuing education in spa therapies (wraps, exfoliation, hydrotherapy...), prenatal massage, and hot stone massage, among other modalities. In 2013, I completed 780 hours of additional education in therapeutic massage at Western Technical College in La Crosse, WI. Coursework included Anatomy and Physiology, Kinesiology, Pathology, and Sports Massage/Trigger Point Therapy. I have passed the Federation of State Massage Therapy Board's Massage and Bodywork Licensing Examination (MBLEx), and am licensed to practice in WI. In the fall of 2014, I was a Teaching Assistant in the Therapeutic Massage program at Western Technical College, La Crosse, WI. Since spring semester, 2015, I have been an Instructor in the Massage Therapy Program at Southeast Technical, Winona, MN. I have an M.A. in English from WSU.

The state of MN currently does not license massage therapists. Subsequently, the Office of Unlicensed Complementary and Alternative Health Care Practice, in MN Statutes Chapter 146A, requires that the client be aware of the following:

THE STATE OF MINNESOTA HAS NOT ADOPTED ANY EDUCATIONAL AND TRAINING STANDARDS FOR UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONERS. THIS STATEMENT OF CREDENTIALS IS FOR INFORMATION PURPOSES ONLY.

Under Minnesota law, an unlicensed complementary and alternative health care practitioner may not provide a medical diagnosis or recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis from a licensed physician, chiropractor, or acupuncture practitioner, or services from a physician, chiropractor, nurse, osteopath, physical therapist, dietitian, nutritionist, acupuncture practitioner, athletic trainer, or any other type of health care provider, the client may seek such services at any time.

About the Massage:

The massage I practice is Swedish-based with techniques integrated from multiple modalities including Deep Tissue, Trigger Point, Thai, and Reflexology. Integrating multiple modalities allows me to provide a massage tailored to each individual. The massage is both therapeutic and deeply relaxing. It is never painful as I do not subscribe to the 'no pain, no gain' philosophy of bodywork. It is a common misconception that deep tissue work is synonymous with uncomfortably deep pressure and/or must be painful to be effective. In order to release tautness in deeper muscles and connective tissue, I often use passive ROM, passive stretching, and positional release techniques. Following your massage session you should expect to feel relief from muscular tension, improved range of motion, and to be relaxed with an

increased feeling of well-being, as massage helps to interrupt the 'stress response' and to activate the parasympathetic nervous division which regulates the 'rest response'. According to research findings reported by Associated Bodywork and Massage Professionals, additional benefits of massage may include the following:

- Decreased anxiety
- Enhanced sleep quality
- Greater energy
- Improved concentration
- Increased circulation
- Reduced fatigue
- Alleviation of **low-back pain**, improved range of motion
- Enhanced **immunity**
- Exercise and stretch **weak, tight, or atrophied muscles**.
- Increased **joint flexibility**
- Lessened symptoms of **depression and anxiety**
- Increased tissue regeneration, reduced **scar tissue and stretch marks**
- Increased oxygen and nutrients into tissues and vital organs, improved **circulation**
- Reduction in **postsurgery adhesions and swelling**
- Reduction of **spasms and cramping**
- Relaxation and softening of injured, tired, and **overused muscles**
- Release of endorphins—amino acids that work as the body's natural **painkiller**
- Relief of **migraine** pain.

I do not specialize in sports massage, energy work, or eastern modalities. While I have had basic training in these therapies, and do integrate some techniques from sports massage and eastern modalities, I do not offer entire sessions of Sports, Thai, or Shiatsu. I can refer you to a qualified practitioner if you would like to experience one or more of these techniques.

Potential Risks and Undesirable Effects:

There are some instances in which massage may not be appropriate as it can exacerbate an unfavorable health condition. For this reason, it is important to fill out your health form thoroughly and accurately so that I can make appropriate modifications to the treatment plan I've designed for you. Specific risks of massage will be discussed during each consultation for each session. It is important to inform me of any changes or updates pertaining to your health record each time you visit my office. I, the therapist, cannot be held liable for any adverse outcomes if you neglect to do so. For some conditions, massage is absolutely contraindicated and will not be provided. For others, I may require the written consent of your primary care provider.

Scope of Practice:

You should understand that the massage I provide is for the basic purpose of relaxation and relief of muscular tension. Massage is not a substitute for medical examination, diagnosis or treatment. You should see your physician or other primary care provider/medical specialist for any mental or physical ailment beyond the scope of therapeutic massage. I am not qualified to perform skeletal adjustments, diagnose, prescribe, or treat any physical/mental illness. Nothing said in the course of your massage sessions should be construed as such.

Right of Refusal:

Clients have the right to terminate a session at any point for any reason. The therapist reserves the right to stop a session or refuse service if a contraindication is determined, if sexual or other inappropriate behavior is exhibited by the client, or if the client is under the influence of alcohol or other drugs at time of session.

Right to Privacy and Knowledge of Records:

Your intake form and my treatment notes/records are confidential and will be viewed only by you and me, unless they are subpoenaed by a court of law, requested by the state, or you provide written permission for your records to be released to a third party (such as your primary care provider or another massage therapist). The client has the right to know the therapist's ongoing assessment and treatment plans for the client, including expected duration of treatment. Client has the right to view his/her health history and all records and documentation gathered by therapist.

Right to Choose Freely Among Practitioners:

The client has the right to change therapists entirely, or to see additional therapists at any time. The therapist can provide referrals to a different or additional therapist upon request.

Right to Safe Environment:

The client has the right to professional, courteous service in a sanitary, private, and safe environment. The client should be aware that we lock the door to the main entrance when only one therapist or stylist is present for the safety of the therapist/stylist and clientele. Doors are easily unlocked from the inside to meet fire-code standards. The client has the right to be free from physical, verbal, or sexual abuse by the therapist.

Right to Reasonable Notice of Change in Fees, Services, or Policies:

The client has the right to receive reasonable notice of changes in the therapist’s fee schedule, provided services, and business policies. Clients will be provided with notice of changes and an amended copy of the Business Policies of Be Well Massage 1 month prior to the implementation of such changes.

Procedure for Filing a Complaint:

If the client has reason to file a complaint against the therapist, they may do so with the Office of Unlicensed Complementary and Alternative Health Care Practice. Phone: 651-201-3721. Address:

Minnesota Department of Health
Office of Complementary and Alternative Health Care Practitioners
PO Box 64882
Saint Paul, MN 55164-0882

The client has the right to assert all of the above stated rights without retaliation.

Please indicate your informed consent to receive therapeutic massage by signing the statement below:

I, _____, having read through and having understood the preceding document including my rights as a client, and having completed my intake form accurately and thoroughly to the best of my knowledge, freely give my permission and consent to receive massage therapy treatments from S. Shay Bakken, LMT of Be Well Massage.

By signing, I also acknowledge that I have been provided with a copy of the business policies of Be Well Massage: S. Shay Bakken, LMT, which includes a current fee schedule and accepted methods of payment.

Signature: _____ Date: _____