

b project

Name

Phone

Email

Emergency Name / Phone

Treatment

I hereby authorize b project Physical Therapy staff to perform treatment procedures.

I acknowledge that no guarantees, either expressed or implied, have been made to me regarding the outcome of any treatments and / or procedures. I fully understand that it is impossible to make any guarantees regarding the outcome of any treatment or procedure.

As a client, you will be asked to perform specific activities in order to allow Brad Jones to evaluate your physical condition and implement a treatment program. During the treatment, it is sometimes necessary to reproduce symptoms to fully evaluate the nature of the involved area.

Treatment may include but is not limited to soft tissue mobilization, therapeutic massage, joint range of motion, therapeutic exercise instruction, and the use of cold therapy. Please note it is common for clients to experience some muscle soreness, bruising or stiffness in the days following a treatment session.

Training

You will participate in a training process that will aid in your recovery, improve performance, and may help prevent further injury. The training process may include but is not limited to speed, balance, agility, flexibility, muscular strength, muscular endurance, and power.

Each exercise will be explained to you as well as any questions you may have. You can stop the exercise at any point if you feel uncomfortable or unwell. Immediately notify the b project staff of your symptoms.

Because of the nature of the training sessions, a level of exertion is required. This exertion will cause temporary changes, which may increase the heart rate and raise blood pressure. This may place participants with cardiovascular or other diseases - whether diagnosed or undiagnosed - at significant risk for adverse events or even death. In addition, as with all vigorous physical activity, there exists a risk of musculoskeletal injury. Please note it is common for participants to experience some muscle soreness or stiffness in the days following a training session.

Client Signature or Parent's Signature
(Parent must sign if client is under 18)

Date