



Active Release Technique Consent Form

What is Active Release Technique?

It is a hands-on touch and case-management system that allows a practitioner to diagnose and treat soft-tissue injuries. Soft tissue refers primarily to muscle, tendons, fascia and nerves. Specific injuries that apply are repetitive strains, adhesions, tissue hypoxia and joint dysfunction.

What do you expect from an Active Release Technique treatment?

Every session is actually a combination of examination and treatment. The practitioner uses his or her hands to evaluate the texture, tension, movement and function of muscles, fascia, tendons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements.

Treatments take about 8-15 minutes for each area being treated. A condition may require two to ten visits before full functionality is restored. Manipulation if requested is frequently carried out in conjunction with ART to increase treatment effectiveness.

Whenever possible we have our patients perform active movements during the treatment process. Active motions stimulate neurological pathways in the spinal cord that help to reduce pain during treatment. Motion also helps to reproduce the stresses the patient will actually be under during normal active motion

Is it safe?

Yes it is.

Are there any side effects?

Active Release Therapy is a non-invasive, safe and virtually no side effects and comes with a record of very good results.

In a small percentage of patients, symptoms can become worse before improving. This is generally a sign that healing has begun. If worsen of symptoms is concerning you or last more than two days, contact your therapist.

I (Full name) Have read and understood the above information. I consent to receive Active Release Technique treatment within this practice. I agree to this consent remaining valid until such time as I withdraw that consent.

Signed

Date.....