

# **SAJE Therapies**

## **Massage & Bodywork Guidelines and Expectations**

In order to enhance the therapeutic experience, please read the following guidelines and expectations, and sign where appropriate. Please be sure to inform your practitioner if anything is unclear prior to signing.

1. All clients will be treated with respect and dignity. Personal and professional boundaries will be respected at all times.
2. Clients must provide an accurate health history and agree to inform their therapist of any updates or changes to their health/medical condition.
3. Any client with a contagious condition (including common cold, influenza, stomach flu, coronavirus, meningitis, shingles, contagious skin conditions, etc.) must not come into the office, but must call to inform the therapist before their scheduled appointment time. Clients may reschedule their appointment after the contagious condition has resolved.
4. Clients with signs or symptoms of an active systemic or localized infection (e.g. fever, sore throat, swelling, etc.) at the time of a scheduled appointment are asked to notify their therapist immediately and reschedule the appointment, as necessary.
5. Clients are expected to be clean and have showered prior to receiving massage (on same day).
6. Clients are asked to avoid eating a heavy meal during the two hours prior to receiving massage.
7. Sessions will begin at the scheduled time. Late arrivals will only be given full sessions at the therapist's discretion, if the schedule allows. Clients showing a pattern of repeated late arrivals may be asked to pre-pay their session(s) in-full.
8. Treatment is provided in a non-smoking, health-focused medical office.
9. Any client who arrives under the influence of drugs or alcohol will be asked to leave, and will be responsible for a late-cancellation/no-show fee. Repeated offenses will necessitate prepayment of scheduled sessions or termination of services, at the practitioner's discretion.
10. All clients are provided with a competent and professional massage and/or bodywork treatment that focuses on the needs of each individual client.
11. Massage therapists only provide therapeutic massage and modalities that are within the scope of practice for this licensed profession. Clients with acute injuries or conditions that are outside of the scope of practice for massage should consult with their doctor.

12. All massage clients will be appropriately draped with a sheet at all times during the session. Only the area(s) of the body that are currently being worked will be exposed. The breast and genital areas are never exposed or massaged.
13. Client privacy and confidentiality will be maintained at all times. Client information will not be shared with other entities unless a signed release has been obtained, except when required by law.
14. Harassment of any kind is not tolerated and the session will be terminated immediately if this occurs, or if the practitioner's safety is compromised in any way. Client will be responsible for the full cost of the session.
15. Appointments are confirmed between one to two days prior to the scheduled appointment.
16. Full payment is expected upon completion of treatment, except in those pre-arranged instances where pre-payment is required.

I have read, fully understand and will abide by the massage guidelines and expectations listed above.

\_\_\_\_\_  
Client Name (Please Print)

\_\_\_\_\_  
Parent/Guardian/Representative Name (Print)

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Parent/Guardian/Representative Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date