

# Informed Consent

I understand that Jeff Rau R&R Physical Therapy will maintain my privacy to the highest standards and may use or disclose my personal health information for the purposes of carrying out treatment, obtaining payment, evaluating the quality of services provided and any administrative operations related to treatment or payment.

I do hereby agree and give my consent for Jeff Rau R&R Physical Therapy to furnish care and treatment that is considered necessary and proper in the diagnosing or treating of my physical condition.

I understand that I retain the right to revoke this consent by notifying the practice in writing at any time. I hereby certify that all the above information is true to the best of my knowledge.

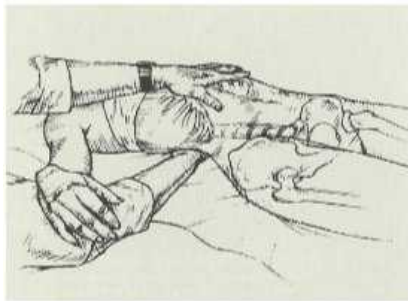
## Consent for Manual Therapy Techniques

The following information is being provided to you, in order that you better understand what types of techniques your therapist may use during your treatment. Myofascial Release, soft tissue and joint mobilization and neuromotor re-education are all interventions that require “hands-on” contact. Therefore the therapist will ask you to dress appropriately to allow for proper treatment. For example women may choose to wear a bathing suit top or tank top and shorts, men may choose to wear shorts.

Throughout the session, you may at any time ask your therapist to “ease up”, or “stop” treatment completely. If hand placements make you feel uncomfortable, please say so immediately. In addition if you would like to have an aide, companion or family member in the room, please request this.

Below are pictures of manual therapy techniques being used to release areas of tissue restrictions. Your therapist will provide you with further educational information to better understand the anatomy of the myofascial, soft tissue, joint and nerve systems.

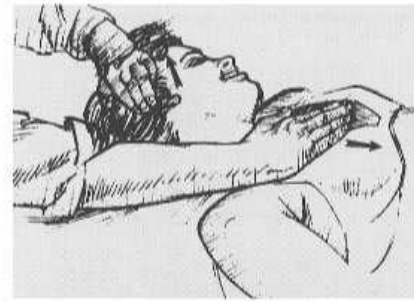
### Examples of hand placements:



Respiratory diaphragm release



Thoracic inlet release



Lateral neck release



Arm-pull



Psoas area release



Anterior hip release

I acknowledge that I have read and understand the above, and I consent to receiving these and other manual therapy techniques from my therapist.

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Client Signature

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Date