



## Standing Oak Therapy Consent Form

Tui Na (Chinese Medical Massage) is one of the important treasure of Chinese Medicine. Tui Na literally means finger or thumb pressure, however, other parts of the hand and body are also used by manipulation, pressing, rubbing, grasping and rolling the surface areas of the body. In China, Tui Na, Fire cupping, and Gua Sha have traditionally been practiced as a simple remedy to promote health, alleviate pain and prevent sickness. Its proven techniques are based on the understanding that the body functions as a whole, like by vital energy known as Qi (pronounced “chee”) which flows along channels (meridians) which interlace as a network throughout the body. Discomfort, pain, stress, and illness are caused by qi stagnating and blocking the meridians, making the internal organs either deficient in or overloaded by energy. By holding and applying pressure to points on the meridian pathways, the qi energy can be stimulated and rebalanced itself. This affects the physical body and can help to relieve pain and alleviate the case and symptoms of illness.

Tui Na should not be painful. Although, some points and meridians may be tender, pressure can be applied gently and slowly, so that it always feels comfortable. Only in some cases, the practitioners may use stronger techniques to adjust the ailments, thus you might experience some minor discomfort or light bruising marks on the skin during the treatment, but these side effects will go away along with time. Please communicate any discomfort you may be experiencing from your treatment.

If the patient is a minor, the parent or guardian must sign below, giving their consent to treatment for today and any subsequent visits hereafter. A parent or guardian must accompany any minor during their first visit, and any minor under the age of 15 on all subsequent visits.

By signing below I am indicating that I have read and understand the above, and that I consent to receive therapies; tuina, cupping, moxa, guasha, herbal liniments, berner therapy, biomat, infrared sauna at Standing Oak Therapy.

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Print Name

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Signature

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Date