

Client Intake & Consent for Fascia Blasting

Date: _____

Name: _____ DOB: _____

Address: _____ Phone: _____

Email: _____

Have you ever experienced a chiropractor, massage, physical therapy or bodywork session? Y / N

What are your goals for this service? _____

Areas needing treatment:

- Abdomen Love Handles Back / Bra Line Buttocks Thighs
- Front, Medial/Inner, Back of legs Saddle Bags Knees Arms "Bat Wings"
- Butt Shaping Scar Minimizing Increased circulation
- Overall Body Contouring in the above mentioned areas Other _____

Recommended pre and post care instructions: Drink half your body weight of water in ounces each day. Come hydrated. Warm showers, steam, sauna or exercise prior is suggested to pre-heat muscles.

The Fascia Blaster is a tool used to release adhesions and restrictions in the Fascia, promote blood flow and increase range of motion. Because of the increased circulation and breakup of myofascial adhesions, it is very likely that some discoloration in the skin may occur. It is temporary and part of the body's normal healing process.

- Arnica and Vitamin C may help with this discoloration.
- Alkalizing minerals (including Alka Salts / Linda Cocktail)
- Food (Whole clean high alkalizing foods as taught in our wellness class)
- Supplements (to assist in building your immune system, including our Magnesium Protocol)
- If you are experiencing any pain after your treatment, massage "Panaway" Essential Oils to eliminate inflammation.

Contraindications: People should avoid this treatment if on blood thinners, pregnant, afraid of bruising, or under high amounts stress.

Fascia Blaster is a revolutionary tool that breaks through fascia, which can reduce cellulite, minimize its circumference and speed recovery. Potential reactions: Bruising, is certainly a part of fascia blasting. First of all, the bruising that you see when fascia blasting is not the same as when you run into a table or when you've injured yourself and have internal bleeding. Fascia Blasting bruises are healthy, restorative, and cleansing.

Here's what's happening: Fascia Blasting bruises are not damaging; they are healing and a necessary part of restoration. It's a sign that you've successfully separated the sticky layers of tissue. Blood rushes to the scene so that healing can begin in that area. A tingling feeling may occur. _____ Initial

When Fascia Blasting fat cells where fat has adhered to the layers of fascia or muscle, you will get micro fissures in the capillaries as it's pulled apart. This leaves space for the oxygen-rich blood cells to move in and gobble up and breakdown the fat cells. _____ Initial

Bound fascia will bruise more easily than not-so bound fascia but it still depends on how much pressure you want to endure. However, going deeper initially will yield results more quickly, but you still have to decide what's right for you. It is my (patient's) responsibility to keep my therapist aware if the pressure is too intense. ____ Initial

What can you do to minimize bruising? (These are suggestions, NOT medical advice) Fascia can have different "states." It can be jelly like, semi-hydrated and chunky, or cold, tight and crystalized. Ideally, you want to get your fascia to the jelly state for fascia blasting. The two best ways to prepare your body are heat and hydrate! ____ Initial

To achieve optimal results, treatment should be performed when muscle tissue is warm. We recommend using our in house Infrared Sauna. Other options include, warm shower, bath or vigorous exercises. Remember to stay well hydrated. Fascia actually has liquid running through it and if you are dehydrated (most people don't know it when they are) your fascia is going to be sluggish instead of clean. Make sure you hydrate first with water and make sure you are getting electrolytes! ____ Initial

What should you do after you bruise? Homeopathic Arnica & Vitamin C are excellent for repair. You can use Arnica internally or high quality essential oils. ____ Initial

Treatment Recommendation: Fascia Blaster is best used in a series of 2 times per week for 6-8 weeks and follow up's after. There are 2 phases of Fascia Blasting, the breaking down and the healing phase. Once you've achieved your desired result, you again have a choice with maintenance. Do it as needed, do it once a week, or every couple of weeks or every other day in a different area. Again, it's about personal preference and what works best for you! ____ Initial

Contraindications: People who are pregnant, on blood thinners should not experience Fascia Blaster techniques. If you start taking such medication please inform the therapist so your treatment plan can be adjusted. ____ Initial

The therapist has provided me with information on the Fascia Blaster techniques. If I choose to experience this therapy in my treatment, I understand the effects and aftercare recommendations. It has been explained to me that there is the possibility of a temporary skin discoloration like bruising or tenderness appearing and feeling as tissue is released. I understand that all treatments by the therapist at this facility are therapeutic in nature and that I may feel flu like feelings and possibly a little nausea when my body releases the stuck toxins. I agree to notify the therapist of any physical discomfort experienced during the session. I have stated all relevant physical conditions, and will inform the therapist of any changes in my health.

I hereby give authorization for treatment using Fascia Blaster system. I certify that I have read this entire document or that it has been read or translated to me and that I understand what it is presented here. I certify that I have the opportunity to ask questions and that my questions have been answered to my satisfaction. I certify that I am an appropriate candidate for Fascia Blaster without contraindications and that I understand the treatment conditions, procedure, possible side effects/risks, and pre- and posttreatment instructions for best possible results and agree to abide by such recommendations. I understand the need for multiple treatments for best possible results as well as periodic maintenance treatments. I consent to Fascia Blaster treatments or a series of treatments by Michelle Dominique or an associate or staff of V John Gonino DO PA.

Patient Signature _____

Patient Printed Name _____ Date _____

Therapist Signature: _____ Date _____