EnTouch Holistic Therapy  Tara Clemons

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**EnTouch Holistic Therapy Informed Consent**

**Myofascial Release (MFR**): ‘Myo’ refers to muscle and fascia is the deep connective tissue that connects every single structure in our bodies. MFR is the gentle application of sustained pressure into the tissue that is hard, hot, or tender (known as fascial restrictions). With sustained pressure over time, the tissue is allowed to release, open, and rehydrate helping you return to a pain-free active lifestyle.

**Risks**: MFR is a very low risk treatment method. The therapist will never force movement. Your therapist will never guarantee to directly cure or heal a disease. MFR techniques release pressure on your tissues, muscles, and organs which allow your body to function better. After treatment, you may feel energized, tired or therapeutic pain, similar to soreness from working out, which may last between 1-3 days. Eventually you will go through a healing crisis, which means you re-ignite the inflammation response so that your body can clean up the tissue and help you deeply heal. True healing is messy and you must feel the pain of a trauma or past injury in order to heal; feeling is healing. Feeling sensations while mindful, patient, and allowing your body to soften will not harm you. It is only when people force and disregard what their body is telling them, that injuries may occur. Forcing is NEVER a part of this therapy. Please note that healing is a process of improvements and setbacks as your body re-calibrates to the changes and you learn exactly how your body is communicating with you. Please discuss any questions or concerns with your therapist.

**Benefits**: Research shows MFR is effective in decreasing pain, increasing range of motion, eliminating holding or bracing patterns, increasing proprioceptive awareness and increasing functional mobility. Patients have also reported improved sleep, sitting tolerance, standing tolerance, walking tolerance and general well-being.

**Role of Therapist**: To assess, educate and empower you by leading treatment sessions to help you redefine your relationship with your mind and body. It is very important to create and sustain a professional relationship. I can only be your therapist due to the natural inequity of power and vulnerability between patients and clinicians. You trust me to protect your personal information and hold a safe container during your therapy process. Therefore, I respect that and keep our relationship professional. I do, however, encourage you to visit, like and follow my EnTouch Holistic Therapy Facebook, Google, Instagram, Yelp, Bing, and Business Website. I also encourage you to help other people by referring anyone who many benefit from this work.

**Complaints or Questions**: Please bring any complaints or questions directly to me (Tara). If you would like to contact someone else please contact the Idaho State Department of Safety and Professional Services (DSPS) at (208) 327-7000.

**Methods of Treatment**: Manual Therapy/Myofascial Release Techniques, Therapeutic Exercise/Procedure, Therapeutic Activities, Neuromuscular Re-education (Static Postural /Body Awareness Training& Dynamic Movement Awareness Training), Self Care Techniques (Stress Reduction/Relaxation Training, Sleep Hygiene & Energy Conservation)

**Timeline**: Two to three months of dedicated attendance is highly recommended for you to start to integrate the new knowledge and skills into practice. It is also highly recommended to schedule appointments more frequently together upon starting. Every single person progresses at a different rate. It depends how much you are able to show up, dedicate yourself, and be open to change. We will work together to find the best frequency and duration of treatment as you progress. The gold standard at John F Barnes Myofascial Release Centers is 30 hours of treatment for radical transformation and change to occur. Every session can help you to integrate, so any amount you are able to show up will have a cumulative effect and help you on your way to achieving your goals.

**Cost**: The Initial Evaluation is 75 minutes for $160. This first visit entails discussion of this consent form, a review of past injuries, illness and diseases/diagnoses; range of motion testing; full body tissue analysis, and strength testing as needed. Treatment will be initiated during the remainder of the time. For those dedicated and ready to commit to change, follow up treatment sessions are $145 if you schedule 1x a week within a 6 week period or 2x a week within a 3 week period the cost is $130 a session when purchased as a package of 6 sessions total. Each session includes a baseline check in, treatment, and education in home therapy/release programs as needed. Products for sale include a self treatment ball for a $5 cost. This amount is due in full at the appointment. Payment is encouraged by cash, check, or bank transfer. A credit card reader is also available as needed. We are a fee for service practice which means, we do not submit to insurance. We can get you an itemized receipt (Superbill) that you can submit to your insurance for reimbursement if you are NOT a Medicare beneficiary. Insurance plans may or may not reimburse you for the full amount charged for each session.

Diagnostic codes used for insurance reimbursement are as follows: 97165 LOW COMPLEXITY EVALUATION (62.50); 97166 MODERATE COMPLEXITY EVALUATION (62.50); 97167 HIGH COMPLEXITY EVALUATION (62.50); 97140 MANUAL THERAPY TECHNIQUES (31.25); 97530 THERAPEUTIC ACTIVITIES (31.25); 97110 THERAPEUTIC PROCEDURE (31.25); 97168 OT RE-EVALUATION (62.50); 97112 NEUROMUSCULAR RE-EDUCATION (31.25)

We do accept credit and debit cards associated with Health Savings Accounts (HSA) only if you have a medically necessary reason for treatment. If extra services are required that take longer than 15 minutes to complete (i.e. receipt records for lost receipts, letters of medical necessity, external communications, phone call consultations), a fee for the equivalent time will be applied.

**Good Faith Estimate - No Surprises Act 2022**: The information provided above and below covers all necessary information for the new requirement as of 2022. There are no surprise charges. Each session is billed according to the discussed fee schedule. When there are changes to rates, all clients will be notified prior to scheduling future sessions.

**Canceled and/or Missed Appointments**: Continuity of care is an important piece of participating in therapy. Frequent cancellations and/or no shows may cause long periods between therapy sessions and impact the effectiveness of your treatment. It is recommended that you consistently show up for therapy and make time to complete the recommended therapy home programs. Participating in a handful of therapy sessions will help in the short term but will not be sufficient to create a lasting change.

If you are unable to keep your appointment and wish to cancel, PLEASE contact me by phone or email at least 24 hours before your scheduled appointment time. If you cancel after that time or no show for your appointment, you will be charged the cost of your scheduled session. You will not be able to book again until your missed session is paid in full. There are emergency situations and those will be reviewed on a case-by-case basis. Your time is reserved exclusively for you when you schedule it.

**Collection and Storage of Personal Information**: Storage and collection of patient information is in accordance with (HIPAA) Health Information Portability and Accountability Act. Your patient file is locked and can only be accessed by me, Tara Clemons. Your file will be kept for 7 years in compliance with health record maintenance requirements. Any information shared via electronic platforms, such as email or text, are not protected and therefore it is recommended to limit personal information communication via these avenues.

**Limits of Confidentiality and Memorandum of Understanding**:

I understand that, as long as I am over age 18, all records and communications related to occupational therapy services are confidential and may not be disclosed without my written consent. There are, however, certain limitations delegated by the law such as:

●If I present an imminent danger to self or others

●If there is suspicion of child abuse or a child in need of protection

●If a vulnerable adult is abused or neglected

●To protect the public from abuse or harm from other professionals

●If a judge sends a signed, valid court order requesting information regarding my treatment

●To ensure the quality of your care in clinical supervision

Every effort will be made to discuss with you prior to the involvement of other professionals.

**Patient Rights:**

●To withdraw this consent at any time (Please provide in writing)

●To refuse particular occupational therapy interventions

●To receive a referral from another therapist

● To access their clinical medical record or request to obtain copies of their file, subject to legal requirements, even after the therapeutic relationship is completed.

●To terminate therapy services at any time by advising your therapist.

**COVID-19 Protocol**: You are encouraged to wear a mask if you’d like or not. If you wear a mask, I will too. Extra time is allotted for disinfecting with approved agents in between each session. I have received information on the definition of myofascial release, risks, benefits, role of the therapist, methods of treatment, plan/goals, timeline and costs associated with ongoing EnTouch Holistic Therapy. I have had sufficient time to ask questions and understand the implications of further treatment and expectations for my participation. I understand and consent to the proposed treatment.

Signature: ­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Occupational Therapist: Tara Clemons, OTR/L

NPI: 1558873596 Tax ID: 851570158