



1545 Larpenteur Avenue
Falcon Heights, MN 55113
Phone: 651-487-2198
Cell: 651-492-3477
Fax: 651-646-0283
keith@pfswellness.com
www.pfswellness.com

INITIAL MASSAGE CLIENT ORIENTATION

Please arrive ten minutes early for your first visit so we can get in a full hour of massage. Please fill out and sign the health history questionnaire as well as sign the 'patient bill of rights' form prepared for you. All information will remain confidential unless you give consent. Please sign your name in the appropriate areas. I will review the questionnaire and may ask you for further clarification or information.

You will be escorted to the massage area. We will review areas of the body to be massaged and in what order. You will be asked to lay on the table 'facing up' or 'facing down'. If you lay 'facing up', the back of your head will lay on the top of the table. If you lay 'facing down', place your face into the face rest. You should be able to breathe normally. The face rest will be adjusted to your comfort level.

I will ask you to undress to your comfort level and lay in between the top sheet and the bottom sheet so you are fully draped before I enter the massage center. I will leave the massage center for a couple of minutes for you to undress and will ask if you are ready to begin before I re-enter. The table warmer will be set on medium to begin with unless you ask me to change the setting.

You will be draped throughout the entire massage. As mentioned earlier, the order of massage will determine which area of the body will be uncovered in order to perform the massage. After the massage, I will leave the center for a few minutes to allow you to dress and will ask if you are dressed before I re-enter. We will discuss the massage in detail and develop an action plan, if needed.

All proper educational, licensing, professional documentation, and the Associated Bodywork and Massage Professionals (ABMP) massage 'Professional Code of Ethics' documentation are posted for your review. You or I may discontinue the massage for any reason. You will not be charged for your session if you discontinue the massage before the first 15 minutes of the massage appointment time.

This is your time. You are in charge of your massage. Please feel free to talk as little or as much as you like. Massage has many different modalities for different effects. Some modalities are for relaxation and stress reduction. Some are more 'therapeutic' and demand different techniques and pressures on the tissues and systems of the body. Please do not hesitate to request information or ask questions concerning the variety of modalities.

Thank you and enjoy your massage!
Keith Gosline, ACSM HFS, LMT, CKTP