

KATHIE TUPPER, LMP

License # MA60289437



“Healing body and mind, one massage at a time”

Office Policies and Procedures and Consent to Treat

Background, Training, and Style of massage

I graduated from Port Townsend School of Massage with Honors and an Award of Excellence. I am trained in the modalities of Swedish massage, deep tissue, clinical, and orthopedic treatment massage, Myofascial Release technique, trigger point therapy, muscle release technique, sports massage, aromatherapy, and hydrotherapy. I specialize in a customized combination of relaxation, deep tissue and treatment massage, myofascial release and trigger point therapy for the purposes of enhancing relaxation, reducing stress, relieving pain, and easing muscle tension and fatigue. I have completed Continuing Education classes in Specialized Shoulder Work and Proprioceptive Neuromuscular Facilitation, and I am currently taking classes to receive an Advanced Certification in Orthopedic Massage. This certification will enhance and further my clinical and treatment skills as well as allow me to work more closely with medical office referrals and Insurance billing.

Philosophy of Massage

I treat the body holistically, believing that whatever symptoms you are experiencing affect the entire body, through its innate connectedness and various compensation patterns that are developed in response to any area of stress, tension, or pain. Our bodies change daily, and each session will be a unique treatment for your body as it is at the moment of each session. I will focus on whatever problem areas you present with, but I do believe all parts of the body benefit from touch and I tend to at least make contact with the back, shoulders, gluteal region, limbs, feet, hands, pectorals (chest), neck and head. If you are opposed to any of these areas being touched, or are particularly sensitive to touch, please let me know. Some people enjoy abdominal work and light facial massage. I will check in with you if I think any of these will be helpful for your situation before massaging these areas. There will be no contact with genitals or female breast tissue under any circumstances and you will be appropriately draped at all times. Ultimately, the massage is about the client, and my full intention is for you to leave each session feeling satisfied and complete.

Benefits of Massage

Massage therapy is effective at addressing problems related to excess tension build up, chronic pain, some chronic illnesses, and various musculoskeletal injuries and the easing of lactic acid build up and pain reduction following athletic events. In addition to working with pain and tension in the neck, back, legs, feet, shoulders and so forth, massage therapy is also very effective for people who suffer from chronic headaches, insomnia, and problems of fatigue. Almost anybody who has a body can benefit from massage therapy!

Client/Practitioner Expectations

Before your first massage I will go over your Health History Form with you. Please do inform me of any health concerns you have or chronic or immediate conditions or areas of pain or illness that may affect how we proceed for that day with massage. The more I know about your history and current situation the more effective I can be as your massage therapist. I

respect and am bound to the highest level of client confidentiality, and your health history will not be shared with anyone.

During the massage, you will be draped at all times, except for the area being worked on. Please let me know if at any time you are uncomfortable with anything, whether it is temperature, pressure, or an area that I am working that feels too sensitive or painful and that you would like me to move on or to re-evaluate. Communication is key, and while I will check in with you periodically, I cannot always tell how you are responding to the work I am doing, and feedback is always helpful to facilitate the best massage possible each time you come in.

If you receive deep tissue or treatment massage, you may experience some soreness for a day or so afterwards. If post massage pain persists beyond this point, please do let me know. Often people find it helpful to drink extra fluids, especially water, following a massage, to flush out toxins released during the massage.

Appointment and Cancellation Policies

Each session is either 60, 90, or 120 minutes long, depending on your needs and your appointment duration. Regular rates for massage are \$65 for 60 minutes, \$85 for 90 minutes and \$105 for 120 minutes of massage. Payment is due at the time of service, by check, cash, or credit card (Visa and Mastercard), unless previous arrangements have been made. I do periodically offer new client discounts; see my flier any new client special rates.

Cancellations of appointments must be made 24 hours in advance or the full amount of the visit will be charged. If you have an emergency that causes you to have to cancel at the last minute, please let me know and those situations will be evaluated on a case by case basis as to cancellation charges. If I have to cancel, I will give you 24 hours notice, or your next appointment will be at no charge. If you are late to an appointment, you will receive massage until the previously agreed upon ending time. If I am late, I will discount the cost of your massage or give you the full allotted time if I am able.

Professionalism

Our profession ascribes to a code of ethical behavior, which is available upon request. I follow all of the statements in this ethical code and respect personal and professional boundaries at all times. I perform services for which I am qualified and which are in my scope of training. If I am unable to meet a particular health need, or feel it would be best for you to be seen by a different type of practitioner or health care professional, I will not hesitate to refer you in that direction. I respect each client's rights and will work with you to customize the massage to meet your needs. Please let me know if you have any questions or concerns about any of these issues.

I have received a copy of the policies and procedures, and I agree to be treated by Kathie Tupper, LMP.

Client's Name _____ Date _____

Kathie Tupper _____ Date _____