



The degree of change that makes a world of difference

CLIENT GUIDELINE

MEDICAL HISTORY

Complete the attached medical health questionnaire and bring it with you.

We will discuss the reason you have made the appointment and what may be involved structurally in your pain or performance issues. We will also discuss how Cold Laser Rolfing may be applicable for your personal needs and what your goals are. Parent(s) must accompany and be present for all children up to 17 years old. Children under 10 are treated free of charge.

DRESS

The work is done with clients in exercise-like clothing (running shorts, sports bra et.). Men, please do not wear boxer shorts; running shorts probably work the best. Women, please select a sports bra with minimal coverage in back so work can be done on the spine. Rolfing clients *always* wear some clothing. All of the actual Rolfing work is performed on a comfortable table, while standing, or seated. A blanket or sheet will be provided if needed. You will be asked to get up for body-analysis several times during the session.

DOES IT HURT?

When or tissues are inflamed, they are more sensitive. However, Cold Laser Rolfing provides maximum benefits and minimal pain. Any discomfort is only experienced for a few seconds followed by immediate relief.

AFTER YOUR SESSION

I will ask you to take it easy for about 24 hours or so while your body integrates the changes from the session. I may also suggest you stretch gently, and walk some to discover your new resources of structural changes. Cold Laser Rolfing requires your participation in the healing process. A day or two after your appointment you may feel sore muscles, similar to workout soreness. This is common and will diminish with rest and proper hydration, which flushes toxins from the connective tissue release.

HYGIENE

Cleanliness and personal hygiene are extremely important for both you and me.

PAYMENT

Payment is expected at the end of each session. The fee in my clinic is \$160 per session. Each session will last about ninety minutes. Thirty-minute sessions are \$60. Hour appointments are \$120.

Unless there is an emergency, my policy is that you cancel your appointment 24 hours in advance, or pay half the session's fee. I understand life happens, but please respect I must have a consistent and professional policy. Please try not put me in the position to get paid for work I have not done.

LASTLY

I encourage you to ask any and all questions—at any time. *Rolfing Structural Integration is a process that is not done to you but one we do together.* Again, I truly thank you for your trust and your business. It is my goal to be an amazing practitioner for your continued wellness.

I have read and agree to this page. _____
(Signature) (Date)