

Hutton Rolfig, Inc.

Mark Hutton
Certified Advanced Rolfer™
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Client Letter

MEDICAL HISTORY

Complete the 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 issues. We will also discuss how Rolfig may or may not be applicable for your personal needs...and what are achievable goals. Parent(s) must accompany and be present for all children up to 17 years old.

ATTIRE: The work is done with clients in underwear or suitable underwear-like clothing (two-piece swimming suit, loose running shorts, jog bra). Unlike massage, Rolfig clients always wear some clothing. All of the actual Rolfig work will be performed on a padded table, while standing or while seated on a bench. Clients will always be covered by a sheet while on the table however, you will be asked to get up and walk several times during the session.

DOES IT HURT: The short answer is no. We seldom use pressure that would break an eggshell. With the discovery and use of the Erchonia Low Level Cold Laser we no longer have a need to use excessive, deep uncomfortable pressure to accomplish our goals. In fact the touch is so subtle you will sometimes wonder if anything is happening--until you feel the deep dramatic changes. The long answer is also no.

THE DAY AFTER: To get the most out of each session you should take-it-easy for about 24 hours or so while your body incorporates the changes from the session. Please let me know if you have a special activity the following day such as a race, a game or athletic practice. We can design the session to accommodate your needs. However, a day off to recover is always a good idea. The day or two following your appointment you may feel sore muscles--like a workout burn. This is common and will disappear.

HYGIENE: Cleanliness and personal hygiene are very important for both you and me.

PAYMENT: Payment is expected at the end of each session (credit card, cash or check. The fee in my clinic is two hundred and ninety four dollars and 34 cents (\$294.34) per session, plus tax. Each session can last from sixty to ninety minutes. I will provide an insurance receipt suitable for you to submit to your insurance company if requested. Sessions for children under ten are free.

We will charge for appointments cancelled without 24 hour notice if we cannot fill the appointment.

LAST: Feel free to ask any and all questions--at any time. Again, I thank you for coming and for your business.

I have read and I understand this page.

_____ (Signature)

_____ (Date)