

INFORMED CONSENT TO PARTICIPATE IN ACTIVE REHABILITATION

THE GOALS OF THE REHABILITATION PROGRAM INCLUDE:

1. Determining the cause and extent of your problem
2. Providing a therapeutic exercise program to strengthen you, increase your cardiovascular endurance, range of motion and flexibility, and decrease your pain.
3. Return you to full-duty, non-restricted work status and lifestyles.

The equipment used to test you and the process we will be using will be explained to you.

Your participation in the rehabilitation program is voluntary. You can stop at any point in the program. Should you stop your program, we are obligated to notify your doctor, insurance company and/or attorney, if it is applicable.

Questions are welcomed during the evaluation or rehabilitation process. If your condition is more complex, not responding or requires access to additional rehabilitative equipment, you may be referred to another provider and/or facility more suited to your condition. Please be advised that there are no guarantees that your personal goals and/or those listed above will be met to your satisfaction. The success of any rehabilitation process lies in the combined efforts of you and your provider. The "team" approach has the best chance of attaining your goals, so please ask as many questions as necessary for you to gain the maximum benefit from your rehabilitation program.

Since the process of strengthening and conditioning are methods that create **controlled strain** at the joint and muscular level, there is a chance of aggravation or injury. It is, therefore, imperative that you communicate to your provider any aggravation or injury that you may observe during the rehabilitation process.

A huge portion of your rehabilitative process includes Therapeutic Massage & Clinical Bodywork Techniques (including but not limited to Myofascial Trigger Point Therapy, Myofascial Release, Active Release Techniques, Cross Friction Massage and Scar Tissue Mobilization). These techniques are designed to remove scar tissue/adhesions, reduce muscular tension, improve muscle length and reduce muscular hypertonicity. Due the nature of therapeutic massage it can be uncomfortable and sometimes painful. However, the application of these techniques and level of intensity in which they are applied are customized to each individual and will be explained fully before administration. I

For example, the best exercise for you, if performed too early in your condition, may be your worst enemy if performed prematurely. The same applies for rehabilitative massage & bodywork. Communication with your provider is an essential and expected patient responsibility and will help keep your clinical progress on track.

I HAVE READ THE ABOVE AND UNDERSTAND THE RISKS AND BENEFITS OF THE REHABILITATION PROGRAM. I AGREE TO PARTICIPATE AND HAVE MY REHABILITATION INFORMATION RELEASED TO MY DOCTOR, INSURANCE CARRIER, ATTORNEY, OR DVR PERSONNEL IF REQUESTED.

Signature of Participant

Date

Signature of Witness

Date

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