



## Informed Consent for the Therapeutic Modalities Offered at Tru Wellness Colorado LLC

### Acupuncture

- I understand that methods of treatments may include, but are not limited to acupuncture, moxibustion, cupping, gua sha, electrical stimulation, Tui Na, Chinese herbal medicine, Functional Medicine, and Nutritional Counseling
- Acupuncture is the insertion of sterile, single use (disposable) needles into specific points on the body
- I understand that acupuncture, with or without herbs, is not meant to replace conventional biomedicine, should my case warrant it. I further understand that any Western diagnosis of my condition must be performed by a licensed physician. I further understand that my practitioner makes no claim about curing my condition.
- I understand that my practitioner will take all possible measures to keep my personal information confidential to comply with HIPPA regulations. May it be necessary for my practitioner to contact another one of my health care providers in order to coordinate, consult, and share medical treatment, my initials give the practitioner permission to release my medical records
- I understand that there are possible side effects to my treatment that may include but not limited to the following
  - Minor pain or soreness in the treatment areas
  - Transient bruising
  - Needle sickness (dizziness, nausea, fainting)
  - Broken needles
  - Sensations of heat, cold, tingling or numbness near or around the needle site that may last a few days
  - Skin irritation or slight bleeding at needle site
  - Generalized fatigue
  - Gastrointestinal disturbance from herbal remedies
  - Red, purple markings for cupping or gua sha
  - Exacerbation of undiscovered/underlying condition to include but not limited to
    - Illness such as cold, bacterial, fungal, or viral
    - Autoimmune condition
    - Health condition
- High but very rare risks include but not limited to
  - Infection
  - Organ puncture (such as lung)
  - Nerve damage

### Herbs

- Herbs and nutritional supplements are from plants, animal, and mineral sources, and are traditionally considered safe in the practice of Western and Chinese medicine
- I understand herbal supplements may be contraindicated with certain health conditions and I have disclosed any diagnosed conditions on the client intake form and will inform my practitioner of any changes



- I understand that the same herbal supplements that traditionally are considered safe may be inappropriate during pregnancy and I will inform my practitioner immediately if I become pregnant
- I understand some herbal supplements can interact with prescribed medications. I have disclosed all medications on my client intake form, and will inform my practitioner of any changes
- If I am under the care of a medical doctor for the treatment of cancer, stroke, diabetes, I will consult with that physician prior to taking any herbal supplements.
- Some have very specific therapeutic effects and will be discussed upon prescription
- I understand all nutritional supplements or herbs should be taken only under the advice of a licensed professional and that all dosage recommendations will be followed.
- I understand that all nutritional supplements and herbs prescribed to me are for my use only
- Some of the desired side effects may also be undesired effects. You will be informed of which it is. The list that follows is some but not all
  - Diarrhea
  - Stomachache
  - Tingling
  - Increased urination
  - Gas & bloating
  - Nausea & Vomiting
  - Headache
  - Hives or skin rash
- If I experience any adverse reactions, I will notify the practitioner immediately

### **Electro-Acupuncture (E-Stim)**

- Leads are connected to acupuncture needles where a mild electric micro-current (similar to a TENS treatment) is used to stimulate the acupuncture point or muscle.
- A mild tingling or tapping sensation will be felt
- I understand that there are possible side effects to my treatment that may include but not limited to the following
  - Superficial bruising
  - Short-term muscle soreness
  - Superficial redness

### **Cupping**

- Involves localized suction produced by heating a small glass cup
- Stationary cups often produce a therapeutic circular bruise from the suction
- When marks are present, I understand it is advised not to expose these marks to cold air or cold water for 48 hours after procedure or until marks start to fade
- Sliding cups are when a massage lubricant is used to allow the suction cups to move over a designated surface
- I understand that a likely side effect is a feeling of sore muscles
- Rarely but possible, that a slight burn or blister may appear due to the heat

### **Gua Sha**



- Gua meaning scraping sha meaning bruises, is a traditional Chinese medical treatment in which the skin is scraped to produce light sha for improved circulation and eliminate unhealthy elements from injured areas
- It breaks up adhesions & restrictions that are preventing proper contraction of muscle fibers
- It stimulates a localized, health anti-inflammatory response by increasing blood flow, increasing oxygen, increasing heat, and removing waste
- I understand that Sha marks and sore muscles are a therapeutic side effect

## **Moxa**

- The burning of prepared herbs on or near the body to warm, strengthen and relieve symptoms
- Moxa comes in several forms such as stick, ball, cone, rice
- Risks are heating sensation and possible redness at the sight, or possible burn

## **Bodywork Therapy**

- I understand that bodywork therapy is not meant to replace conventional biomedicine, should my case warrant it. I further understand that any Western diagnosis of my condition must be performed by a licensed physician. I further understand that my practitioner makes no claim about curing or treating my condition.
- I understand the risks associated with massage therapy include, but are not limited to
  - Superficial bruising
  - Short-term muscle soreness
  - Exacerbation of undiscovered injury
- Tui Na is a form of Chinese massage technique
- Bodywork Therapy includes all massage modalities but not limited to: hot stone, mind-body connection, reflexology, and prenatal

## **Facials**

- I understand that facials include the use of professional skincare products, essential oils, warm towels, and possible hot/cold stones on my face
- I understand my facial may include massage, acupuncture, or acupressure
- I understand my facial may include the use of electrical stimulation, gua sha, cupping, or chemical peels
- I understand that there are possible side effects to my treatment that may include but not limited to the following
  - Superficial bruising
  - Short-term muscle soreness
  - Superficial redness
  - Possible acne or allergic reaction to skin care ingredients
- If I experience any allergic reaction, I will notify the practitioner immediately

## **Aromatherapy**



- Aromatherapy is the use of essential oils derived from plant materials used therapeutically for the purpose of normalizing and optimizing bodily functions.
- I have been informed that aromatherapy is a safe method of treatment, but does carry certain risks including but not limited to
  - Photosensitization
  - Burning and itching sensations of the skin if used neat (undiluted)
  - Allergic reactions
  - If consumed internally, irritation to the digestive tract and potential toxicity to Liver and/or Kidney
- I understand aromatherapy is not regulated by the food and drug administration
- I understand essential oils may be contraindicated with certain health conditions and I have disclosed any diagnosed conditions on the client intake form and will inform my practitioner of any changes
- I understand that the same essential oils that traditionally are considered safe may be inappropriate during pregnancy and I will inform my practitioner immediately if I become pregnant
- I understand essential oils can interact with prescribed medications. I have disclosed all medications on my client intake form, and will inform my practitioner of any changes
- If I experience any adverse reactions, I will notify the practitioner immediately.

## Reiki

- I understand that Reiki is a simple, gentle, hands-on energy technique used for the purpose of stress reduction and relaxation
- I understand that Reiki can complement any medical or psychological care I may be receiving.
- I acknowledge that long term imbalances in the body may require multiple sessions in order to facilitate the level of relaxation needed by the body.

## Crystals

- Crystals are a noninvasive approach to energy healing
- I understand they can be used as a stand-alone treatment or used supplementary with other treatments
- I understand that they can be used as gua sha tools, or used to activate acupuncture points

## Sound Healing

- Sound healing is a non-invasive treatment modality
- I understand they can be used as a stand-alone treatment or used supplementary with other treatments
- I understand that sound healing causes vibrational activity in the body
- I understand and acknowledge the vibrations from various forms of sound healing can activate past trauma, open up blockages, and cause emotional releases
- Sound healing includes but is not limited to
  - Tuning forks



- Gongs
- Singing bowls
- Music
- Drums

## General

- I understand any treatment performed is not intended to replace medical care and I will seek medical treatment from a licensed healthcare provider, if required.
- I understand that my practitioner does not claim to cure any disease
- I have been informed that I have the right to refuse any form of treatment
- I understand the importance of informing my practitioner of all medical conditions and medications I am taking, and to let them know about any change to these
- I understand that it is my responsibility to inform my practitioner of any discomfort I may feel during a session so they may adjust accordingly
- I have been given a chance to ask any questions pertaining to the modalities the practitioner performs
- I understand that I or my practitioner may terminate treatment for various reasons (see Patient Termination Procedures), notification of these reasons will be provided, I will be given 30 days to find another practitioner, and I will also be given recommendations for other practitioners
- I have been informed that acupuncture and its adjunctive modalities, massage, reiki, & aromatherapy are generally considered safe methods of treatment, but that they may have some side effects
- I understand that while this document describes the major risks of treatment, other side effects and risks may occur
- I will immediately notify my practitioner of any unanticipated or unpleasant effects associated with modalities of treatments provided
- I agree to being contacted over the phone or by e-mail about appointments and treatment
- I acknowledge that no guarantees, warranties, or representations regarding the success of the treatment procedure has been given to me
- I understand that achieving wellness requires my commitment to my own good health, whether through diet, exercise, or stress relief