

MUSCLE ACTIVATION TECHNIQUES (MAT)

THE ROOT OF MOTION(TROM) and CLIENT

AGREEMENT AND TERMS OF TREATMENT

A. THE PROCESS

The brain continuously orchestrates motion to create stability based on communication of the body's neuromuscular system (brain and muscles) and information.

Tightness is secondary to weakness; when there is a position of instability or weakness in a joint or muscle(s) or tissues, the body naturally protects by redirecting forces. If motion at one joint is limited, it changes the position of adjacent joints, resulting in compensations that lead to pain and other sensations.

Muscle Activation Techniques (MAT) is a bodywork that improves muscle integrity and function using a systematic approach to identify and correct muscle imbalances by engaging neurologically weak muscles and correcting compensations and patterns of motion. The MAT process includes assessing active and passive range of motion, muscle testing, and using palpations at muscle attachment sites to improve the neuromuscular system's communication.

The Root of Motion aims to assist you in obtaining optimal stability, mobility, and strength by utilizing the tools and techniques of MAT and massage.

I _____, realize and understand there is a process of treatments that may be required to handle and reeducate the neuromuscular system effectively.

B. CONSENT TO TREATMENT

By signing this Agreement, I consent to treatment and care by Rachael Durnell, specializing in Muscle Activation Techniques, MAT RX, and massage, and that she will provide treatments and care with her professional judgment. I understand that The Root of Motion and Rachael Durnell will rely on my statements and disclosures regarding my health and physical conditions and that treatment and care decisions will be made based on my statements and disclosures. _____

C. THE APPOINTMENTS

Regular appointments are an important part of the MAT treatment process. As a client of The Root of Motion, making an appointment is an agreement that we will both be present and on time for the 60-90-minute session. If there is an arrival delay, I will communicate, if possible, safely to Rachael through text or call. If I need to reschedule or cancel my appointment time, I will need to give at *least 24-hour* notice for all appointments; *otherwise, I will be charged for my missed/canceled appointment.* If The Root of Motion needs to reschedule or misses my appointment, a replacement appointment will be scheduled. _____

D. REFUNDS

During the treatment process, if I am unsatisfied, a refund is available for any unused sessions within three months of purchase. I understand that if I use a credit card as payment, all refunds of credit card payments will be reduced by a 5% credit card processing fee. All purchased session series are honored for one (1) year. All unused pre-paid sessions will expire (and no refund will be given) one (1) year after the purchase date. _____

E. MEDICAL INFORMATION

Except as otherwise disclosed to The Root of Motion, I am in good health and physical condition and am fully capable of engaging in the MAT process. As mentioned above, The Root of Motion/Rachael Durnell is making treatment decisions based on my health and physical condition. I understand that I have a continuing obligation to disclose any physical limitations, disabilities, ailments, or impairments that may impact my ability to participate in the MAT process and to keep my doctor and other specialists informed of my participation with MAT. Additionally, on behalf of myself and my heirs, spouse, successors, and assigns, I at this moment forever remise, release and forever discharge and shall indemnify The Root of Motion/Rachael Durnell of and from any causes of action, claims, damages, costs, expenses, controversies and liabilities of every kind or nature whatsoever, direct or indirect, known or unknown, which I may have or may hereafter have against The Root of Motion/Rachael Durnell. _____

Thank you for your time. I look forward to treating you and helping you achieve your goals.

Client Name: _____

Signature: _____

Date: _____

Rachael Durnell

Owner of The Root of Motion

Muscle Activation Techniques:

___ Golden 12 sessions: \$2250

___ Silver 6 sessions: \$1250

___ Single session 90 min: \$225

___ Single Session 60 min: \$150

Massage:

___ 90 mins: \$130

___ 60 mins: \$95