

Solana – Medical Massage & Fascial Release Consent Form

1. Reason for Post-Treatment Inflammation

- Deep fascial release near the periosteum (bone edge) may affect small capillaries, causing microtrauma and a natural inflammatory response.

2. Causes of Inflammation After Treatment

- Excessive pressure, deep fascial separation, or aggressive techniques may irritate tissues.
- The body responds by sending blood and white blood cells to repair the area, which may result in temporary pain, swelling, redness, or warmth.

3. Contraindications / Precautions

Massage and fascial release therapy should be avoided or performed with caution for:

- Clients taking blood-thinning medication.
- Clients with varicose veins or fragile capillaries.
- Clients with osteoporosis, arthritis, or degenerative bone conditions.
- Clients with fresh injuries or acute inflammation.
- Clients with uncontrolled diabetes, cancer, fever, or infections.
- Pregnant women — especially in the lower back, hips, or abdominal areas.

4. Aftercare Recommendations

- Mild soreness for 1–2 days is normal.
- Apply a cold compress to reduce swelling.
- Drink plenty of water and avoid alcohol for 24–48 hours.
- Avoid heavy workouts or strenuous activity for 1–2 days.
- Get sufficient rest and allow the body to recover naturally.

5. Client Acknowledgement & Signature

I have read and fully understood the information above regarding the treatment, possible effects, and aftercare.

Signature: _____ Date: _____