Learning Module Consent  
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**Purpose of Informed Content**

In Massage therapy Consent is very important in order to keep the field professional and appropriate. Taking consent from the client shows them that they are in control and empowers them. The way it does this is by letting them know what is going to be happening, why and where it’s going to be happening. It also makes them feel comfortable knowing that they can stop you at any time if they feel uncomfortable. It also lets them know the reason for the treatment and what the benefits are. This assures them that massage therapy can actually help them and that the therapist is competent and knows what he/she is talking about. What separates massage therapy consent from others is that the MT actually informs the client of what maybe going on, what they will do to help get them better and the possible outcome of the treatment. Informed consent also helps the clients understand our boundaries and the reason why everything is happening, so that they feel comfortable with what’s happening. The areas that it is most important to take consent for are places of the body such as gluteal and breast region. Because a lot of people are not aware that massage therapist do this kind of massage, MT’s need to warn their patient about what to be expected of the treatment, why and what the benefits are.

**Script for Informed Consent**

Okay Jasmine now that we have done all the assessment we are going to move on to treatment. Before we begin I just want to let you know a few things. During the assessment I found that, there is increased resting tone and a trigger point in your calf and the skin around that area is very tight. I will perform some specific techniques that involve going up and down the muscle and pressing on specific points in that area in order to get rid of the trigger point and decrease the tension. I will also pull the skin apart in order to get movement into that area. With these techniques you might experience pain or discomfort, so I urge you to let me know if it’s too much and I will stop and modify to your comfort. I will be checking in during the treatment for you comfort level. The benefits to this treatment is that we will get the range of motion of your ankle back to normal and decrease the pain in your calf. If you choose not to go through with the treatment your pain will continue and possibly get worse. Other alternatives would be to stretch the muscles in the back of the leg and strengthen the one at the front of the leg. Do you have any questions or concerns? Do I have your consent to continue?