

# INFORMED CONSENT FOR THERAPEUTIC MASSAGE OF VULNERABLE AREAS

I, \_\_\_\_\_, voluntarily consent to receive full body therapeutic massage from Miki Morrow, LMT, with the specifications listed below.

**I am aware that the intent of massage is therapeutic and not sexual and that I have the right to:**

Discontinue the entire massage session, or at any part of the session, at any time and for any reason and can request the massage to be given through a drape rather than directly on my body. I may also request at any time and for any reason that a witness be present in the room while I receive a massage.

## **Descriptions of breast massage for both men and women**

Full breast massage, undraped: done undraped, includes the chest wall and breast tissue. While nipples and areolae are not specifically treated, they are touched with broad, sweeping strokes.

Simple breast massage, draped: done with breasts/chest draped. Soft breast tissue is avoided. Focus is on muscles attached to sternum and ribs.

**Therapeutic rationale for chest and breast massage includes but is not limited to:**

Supporting breathing, blood and lymph circulation, healthy posture, lactation and the immune system, treating neck, rib, or shoulder injuries, mobilizing scar tissue, preparing for and recovering from surgery.

## **Description of pelvic floor massage:**

Massage of muscle attachments located on the pubic and pelvic bones located between the legs. Genitals are always avoided. This massage may be done through the drape or directly on the skin.

**Therapeutic rationale for pelvic massage, including the sacrum, coccyx, pubis and pelvic floor (perineal) areas:**

To reduce tension or pain in the back, pelvis, hips, and legs.

**Draping Descriptions:** WAC 246-830-560, effective July 30, 2017, outlines draping consent guidelines for patients and therapists. Please indicate below which level of draping you prefer. Genitals and the gluteal cleft below the tip of the tailbone are always draped.

☐ **Minimal draping:** Breast area may be uncovered at any or all times during the session, by client preference.

☐ **Moderate Draping:** Breast area is covered for most of the session, but uncovered during certain times during the massage.

☐ **Conservative draping:** Breast area remains covered always.

☐ I would like this preference applied to every session.

☐ I would like to choose my draping each session according to my treatment.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_