

Informed Consent for Breast Therapy **Revive Therapy: Massage and Myofascial Release**

Breast Massage Therapy Training is not common in massage and bodywork schools.

Steve Metzger, RN, CMT has advanced breast therapy and massage training:

- Breast Massage Certification, Swedish Institute
- Breast Massage, Basic & Advanced (4 courses,) Aubrey Lesicki, Breast Remedy, Seattle
- Lymphatic Breast Care and LLCC certified, Chikly Health Institute
- Pre- and Perinatal Massage Certification program, Body Therapy Associates, Carole Osborne
- Women's Health: Myofascial Release Approach, John F. Barnes Myofascial Release

Revive Therapy is promoting "Breast Health for Life!" Your life can be significantly improved through diet, exercise, stress management, posture, proper bra fitting, breast self-care and regular breast therapy.

Benefits. Breast therapy may contribute these amazing health benefits:

- Reduction or elimination of breast pain
- Opening dense, fibrocystic, cystic and fibroadenoma breast tissue
- Surgical healing and scar therapy (implants, reductions, lumpectomy, mastectomy, explants)
- Improved posture, reduced stress, improved body image and released stored emotions
- Decreased breast cancer risk

Chest and Breast Therapy Offered at Revive Therapy. Therapeutic, respectful and professional breast therapy is now available with patient consent: *Swedish Massage, Myofascial Release and Lymphatic Drainage Therapy.*

IMPORTANT: Any concern about a lump should be checked by your doctor)

Indications for Breast Therapy (Mark "X" for all that apply):

- | | |
|---|---|
| <input type="checkbox"/> Breast Pain (Mastalgia) | <input type="checkbox"/> Lymphatic Drainage Therapy |
| <input type="checkbox"/> Dense or Fibrocystic Breasts (Cysts) | <input type="checkbox"/> Breastfeeding and Lactation |
| <input type="checkbox"/> Posture Improvement or Correction | <input type="checkbox"/> Aesthetic Issues: Large, Sagging, Scars |
| <input type="checkbox"/> Decrease Risk of Breast Cancer | <input type="checkbox"/> Surgery: Implants, Explants, Reconstruction, Healing |
| <input type="checkbox"/> Healthy Breast Maintenance | <input type="checkbox"/> Other _____ |

Consent. Breast therapy is available with consent. Therapy can be declined or stopped at any time.

Chaperone and Referral. Revive Therapy uses a male therapist, who is a registered nurse with advanced breast therapy skills and training. A chaperone is welcome and should be arranged in advance. Referral to a female therapist may be requested. **Chaperone declined but may be requested at any time.** _____ Initials

Modesty, Privacy and Respect. Your dignity will always be honored. Therapy will be customized to your comfort and needs. Please communicate any concerns and preferences for your therapy.

Draping Options. Breasts will be covered or draped. Breast therapy can be done over clothing, over sheets or with direct contact with consent. Communicate your preference to the therapist.

Abuse, PTSD and Emotions: Many women have suffered from abuse or negative experiences associated with their breasts. **Discuss any relevant history or concerns with the therapist.** Your safety is most important! Deep therapeutic emotional healing may result through safe holistic bodywork.

- I have read, understand fully and consent to the breast therapy described above.
- I'm not under the influence of medications to sway my decision.
- I also hold therapist and Revive Therapy harmless for non-physical injuries.

Patient's Printed Name: _____ **Date:** _____

NOTE: Form, expires in three years from signature

Patient's Signature: _____

My goals, concerns or limitations: _____

Licensed Health Professional Signature: _____

Steve Metzger, RN, CMT, LLCC, Breast Massage Certified

The RN Therapist—*Holistic Healing with Compassion*
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