



# BODY THERAPEUTICS

I, \_\_\_\_\_, hereby authorize the practitioners of Body Therapeutics to administer the following modalities of Chinese Medicine relevant to my diagnosis and treatment, including the following: (Please check ALL boxes that you give your consent for):

- Acupuncture: Insertion of various styles of acupuncture needles (sterile, single-use needles) through the skin and into my body at various locations. While acupuncture is a very safe method of treatment, there is always the risk of adverse reaction, including but not limited to: bruising, minor bleeding, dizziness, fainting, pain or discomfort.
- Moxibustion: Heat treatments using the herb *Artemisia vulgaris* (mugwort, or “moxa”) for therapeutic effect. Indirect moxibustion warms acupuncture points with a moxa pole. Direct moxa involves placing a barrier cream on the skin and then burning moxa on top of the barrier cream. The heat generated from the direct moxa may involve slight discomfort or leave a temporary blister on the skin. With any type of heat, there is always a risk of a burn.
- Infrared Heat Therapy: The use of a far infrared heat lamp over certain parts of my body for therapeutic purposes. With any type of heat, there is always a risk of a burn.
- Electro-stimulation: A mild electrical stimulation of the acupuncture needles while inserted into my body. No electrical sensation is felt. Rather, a vibration or tapping sensation is felt within the body as the pulse very slightly affects the needles.
- Cupping: The application of glass cups with vacuum to the skin. While this method of treatment is very safe and effective at treating a number of conditions, some adverse reactions may occur. These could include, but are not limited to temporary bruising and sore muscles.
- Gua Sha: A massage technique involving rubbing of the skin with a smooth object. While this method of treatment is very safe and effective at treating a number of conditions, some adverse reactions may occur. These could include, but are not limited to temporary bruising and sore muscles.
- Tui-Na: A massage technique involving the rubbing of my muscles at a superficial or deep level. This massage generally feels pleasant and relaxing, but can generate soreness in very tight muscles.
- Bloodletting: The use of lancets on certain acupuncture points in order to expel a few drops of blood. This is done to improve circulation in specific meridians. Generally, only a quick sting or prick is felt.

I understand the nature of the treatment, have been informed of the risks and possible consequences involved, and have been given an opportunity to ask questions pertaining to the treatment. I understand that I have the right to refuse any form of treatment. I also understand there is always a possibility of an unexpected complication and I understand that no guarantee can be made concerning the results of treatment.

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Patient name

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Patient signature

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Practitioner name

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Practitioner signature