

OFFICE POLICIES

PATIENT- CLIENTS

- I treat only patient-clients who are at least 18 years of age and are competent to handle their own medical and financial affairs and make their own decisions.
- If you would like me to treat your cooperative teenager or an adult for whom you are a legal guardian, please contact me to discuss before scheduling. I do not treat infants, toddlers, or young children.

SCHEDULING

- All treatments are by appointment, scheduled in advance, depending on availability.
- Appointments can be scheduled via my website or by contacting me directly (text or email preferred).
- Emails and texts of Scheduled Appointments, Reminders, and Confirmation Requests are auto-generated by my online scheduling system.

FORMS

- My online scheduling system instructs you to read the five New Patient-Client forms when scheduling your Initial Evaluation & Treatment session. Links to these will also be emailed to you after scheduling for you to read.
- These are necessary because my practice as a therapist of the John F. Barnes' Myofascial Release Approach® (JFB MFR®) is my medical practice as an M.D.
- Read them to save time when signing in the office; cannot be completed online; I do *not* keep electronic records.
- If you can, also print and complete the *Information & Medical History (Intake)* form; bring it to your appointment.
- Wait to sign the form until we meet and discuss any questions you may have.

TREATMENT SESSIONS

- Appointment times are scheduled to allow extra time before and after your scheduled number of minutes of treatment/instruction time.
- Plan to be in the office for up to 30 minutes more than the length of time of your session (2 hours for first session).
- Arrive on time (or up to 5 minutes early).
- Do not arrive under the influence of alcohol or any recreational drug or having recently used any tobacco product.
- Minimize any strong scents or odors on your body and clothing, including tobacco, perfume, or cologne, for the comfort and welfare of myself and my next patient-client, who may have allergies or sensitivities.
- Avoid arriving dehydrated or having just eaten a large meal.
- Pets are not permitted anywhere on the property or inside my office; do not bring them; do not leave them in a car.
- In general, it is best to not have any companion in the treatment room with you during your session, which could interfere with our focus on your healing.

FEES & PAYMENTS

- Payment is due no later than at the end of your treatment session.
- Payment can be made via cash, check, Zelle, Venmo, or credit/debit card.
- Gratuities are not expected or accepted, since this is a medical practice.
- I will charge you any fee that I incur for a check returned as un-payable from your bank due to insufficient funds.
- Real Relief Myofascial Release, LLC is a privately owned and operated fee-for-service practice.
- I am not a provider for any private or government health insurance program, including Medicare or Medicaid, Worker's Compensation, lawsuit settlement cases, or car accident cases.
- Insurance coverage for myofascial release is currently very rare. If you know that your insurance policy, Flexible Spending Plan, or Healthcare Savings Account will reimburse you for prescribed Myofascial Release Manual Therapy for a specific diagnosis, specific treatment interval, and number of sessions, AND if you have obtained that prescription and your Diagnosis Code(s) (ICD-10 codes) from your prescribing healthcare provider, I can provide you with the required document called a Superbill for you to submit to your insurance company.
- I do not refund the fee for any treatment session provided; I cannot and do not guarantee any specific results.

