



# CLAIRE COETZEE

Therapeutic Reflexologist

Practice No. 0936642



## CONSENT FORM

Please fill in your details in the form below

SURNAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

Mr  Mrs  Miss  Ms  Other:  Married  Single  Divorced  Widowed

ADDRESS: \_\_\_\_\_

\_\_\_\_\_ CODE: \_\_\_\_\_

MEDICAL AID: \_\_\_\_\_ MEDICAL AID NUMBER: \_\_\_\_\_

TEL (H): \_\_\_\_\_ TEL (W): \_\_\_\_\_ CELL: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_ EMAIL: \_\_\_\_\_

### NEXT OF KIN

NAME & SURNAME: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_ CONTACT NO. \_\_\_\_\_

SIGN: \_\_\_\_\_ DATE: \_\_\_\_\_

### **What is Reflexology and how does it work?**

Reflexology is a modern Western therapy in which pressure is applied to distinct areas of the feet. It is a gentle art, a fascinating science and an extremely effective form of therapeutic foot massage that has carved an impressive niche in the field of alternative/complementary medicine. It is a science because it is based on physiological and neurological study, but it is an art because much depends on how skilfully the practitioner applies their knowledge.

### **What does Reflexology do for the person receiving treatment?**

When the body is out of balance it is not functioning efficiently. By stimulating the reflexes on the feet, an involuntary response is elicited in organs and glands connected by energy pathways to these specific reflexes. This sets a chain reaction in motion, which causes physiological changes to occur throughout the body systems.

### **Who can benefit from treatments?**

Anyone can benefit from Reflexology treatments, regardless of age or sex. However caution is taken with:

- Those suffering from thrombosis or internal bleeding as blood circulation could increase
- Insulin-dependent diabetics as stimulation of the pancreas could increase insulin levels
- Pregnant females (particularly during the first trimester)
- Sufferers of phlebitis, lymphatic cancer, leukaemia, osteoporosis and epilepsy.

The effects of Reflexology may not be capable of removing the cause of terminal diseases, such as cancer, multiple sclerosis and Aids, but the person can be made more comfortable and the pain bearable. It can significantly improve the patient's general condition, activate excretory organs, stimulate the respiratory system and assist in better control of the bladder and bowels.

In this way, Reflexology treatments can improve the quality of life.

Reflexologists do not diagnose, treat a specific disease or illness, interfere with medication or prescribe medication. If you have a specific medical problem or complaint, you are advised to seek professional medical help. You should also discuss any problems or complaints with the therapist if you are unsure whether or not to continue with treatment for whatever reason.

**I have read and understand the above and am receiving treatment at my own request.**

**24 hours cancellation notice is required. Appointments not kept or cancellation within the 24 hour window will be invoiced for at 80% of the rate.**

SIGN: \_\_\_\_\_