

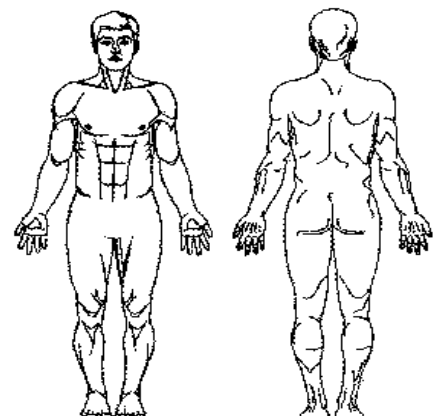
*Valeo Health & Wellness Center*  
*Michelle McKusick, Advanced Bodywork Specialist*

<b>Name</b>		<b>Birthdate</b>	<b>Today's Date</b>	
<b>Address</b>		<b>City</b>	<b>State</b>	<b>Zip</b>
<b>Email</b>		<b>Phone</b>	<b>Preference:</b> Email	
<b>Height</b>	<b>Weight</b>	<b>Gender</b>	<b>Occupation</b>	
<b>Emergency Contact Information</b>				
<b>Name</b>		<b>Relationship</b> Spouse	<b>Phone</b>	
<b>How were you referred to our office? Event</b> <b>Name of friend or event:</b>		<input type="checkbox"/> Single		<input type="checkbox"/> Married
		<input type="checkbox"/> Divorced		<input type="checkbox"/> Widowed
<b>Additional Information</b>				
<p><b>Goals For My Care:</b> People see healthcare practitioners for a variety of reasons. Some for pain relief, some to correct the cause of pain, and others to correct whatever the core malfunction may be. Your practitioner will weigh your needs and desires when recommending your program of care. At your initial appointment and every appointment thereafter, your practitioner will discuss with you the health issues and goals prior to your bodywork. This is part of your appointment time; to best use this time, consider in advance what you'd like to discuss. Please check the type of care desired so that we may be guided by your wishes:</p> <p><input type="checkbox"/> <b>Relief Care</b> – Symptomatic relief of pain or discomfort</p> <p><input type="checkbox"/> <b>Corrective Care</b> – Correcting and relieving the cause of the problem as well as the symptoms</p> <p><input type="checkbox"/> <b>Comprehensive Care</b> – Address the entire system and bring the body to the highest state of health possible</p>				
Medical Conditions or diagnosis that should be considered prior to therapy:				
Physical Limitations or concerns that should be considered prior to therapy:				
Do you have any other health concerns?				
Would you be interested in an examination by one of our qualified doctors? <input type="checkbox"/> Yes <input type="checkbox"/> No				

List all past accidents (auto or work), injuries, surgeries, X-rays, trauma, or emotional procedures		
Type	Date	Doctor / Hospitalization / X-Rays

Please note body area on the diagram by marking sore area with an X. You may need to do this using another application, or after printing this document.

Body Area	Mild	Severe
Neck	<input type="checkbox"/>	<input type="checkbox"/>
Upper back	<input type="checkbox"/>	<input type="checkbox"/>
Lower back	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>
Chest	<input type="checkbox"/>	<input type="checkbox"/>
Upper arms	<input type="checkbox"/>	<input type="checkbox"/>
Lower arms	<input type="checkbox"/>	<input type="checkbox"/>
Upper legs	<input type="checkbox"/>	<input type="checkbox"/>
Lower legs	<input type="checkbox"/>	<input type="checkbox"/>



Please mark with an "X" any disorder that you have experienced in the last 5 years

CARDIOVASCULAR		NERVOUS SYSTEM		SKELETAL/JOINTS		MUSCULAR SYSTEM	
Heart disease (any type)	<input type="checkbox"/>	Chronic pain / Sciatica	<input type="checkbox"/>	Osteoporosis	<input type="checkbox"/>	Muscular tension	<input type="checkbox"/>
Blood Pressure Disorders	<input type="checkbox"/>	Shingles / herpes	<input type="checkbox"/>	Arthritis (any type)	<input type="checkbox"/>	Spasms, cramps	<input type="checkbox"/>
Blood vessel disorders	<input type="checkbox"/>	Spinal cord injuries	<input type="checkbox"/>	Sprains / strains	<input type="checkbox"/>	Fibromyalgia	<input type="checkbox"/>
Bleeding disorders or blood clots	<input type="checkbox"/>	Numbness / tingling	<input type="checkbox"/>	Tendonitis / Bursitis	<input type="checkbox"/>	Jaw pain / TMJ	<input type="checkbox"/>

Details \_\_\_\_\_

Are you allergic or sensitive to any oils or fragrance? ☐ No ☐ Yes: \_\_\_\_\_  
Do you take any prescribed medication? ☐ No ☐ Yes: \_\_\_\_\_  
Have you had any surgery in the last year? ☐ No ☐ Yes: \_\_\_\_\_  
Are you pregnant? ☐ No ☐ Yes: Due Date \_\_\_\_\_  
Do you exercise regularly? ☐ No ☐ Yes: (explain): \_\_\_\_\_

Authorization of Care:
<p><i>I understand that the therapist and/or bodywork specialist is not a doctor; they will not diagnose or prescribe. I understand that applied kinesiology testing and consulting are not designed for, nor are they being used as a means of any diagnosis, treating of a disease or pathology. All test results will be used as indicators of possible stress patterns and areas where the body may be out of balance. These are tools being used in accordance with their design to recognize imbalances in the body's energetic, muscle and cellular systems and then to indicate a solution to clear imbalances through various bodywork and/or nutritional supplements and/or remedies. Even though there will be references to body tissues, organs, or organ systems during the course of our sessions, these references in no way represent diagnoses or treatment of disease of any kind.</i></p> <p><i>I understand that massage and bodywork it is provided for the basic purpose of relaxation, relief of muscular tension, connective tissue and rebalancing of the body. If I experience any pain or discomfort during any session, I will immediately inform the practitioner so that the work may be adjusted to my level of comfort. I further understand that all work should not be construed as a substitute for any kind of medical exam, diagnosis, adjustments, or treatment of any kind for physical, mental or emotional condition; and nothing said in the course of any session given should be construed as such. Because bodywork should not be performed under certain medical conditions, I affirm that I have stated all of my known medical conditions, and answered all questions accurately, completely, and honestly. I agree to keep the massage/bodywork practitioner updated as to any changes in my medical profile and understand that there shall be no liability on the practitioner's part should I forget to do so. I understand that I am having work done at my own risk and hereby release Danielle Bell, Michelle McKusick, and Valeo Health &amp; Wellness, LLC from any liability. It is also understood that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session, and I will be liable for payment of the scheduled appointment.</i></p> <p><i>The therapist/bodywork practitioner is a facilitator for my own (or my child's) personal growth and understanding of that which has blocked forward progress in the desired goals of the client. I understand that I may be given home assignments to further strengthen the work I've done during a session. I take full responsibility for my personal development, whether the challenges have been physical, emotional, mental, energetic, and/or spiritual.</i></p> <p>Client Signature / Guardian Signature (for clients under the age of 18): _____</p>

### Health History Information

***I have stated all conditions that I am aware of and this information is true and accurate. I will inform Danielle and/or Michelle of any changes in my health status going forward.***

***Signature \_\_\_\_\_ Date \_\_\_\_\_***

## Michelle's Advanced Bodywork Options

*Please select all modalities that you would be willing to try in your future sessions with Michelle*

- ☐ **Lymphatic Drainage:** A light-touch therapy for moving lymph (proteins, virus, bacteria & edema) towards the nodes where it will be "cleaned". This is a great therapy when your body is under attack or to aid in removing toxins. It is extremely relaxing, and many patients report a better night's sleep following a session.
- ☐ **Myofascial Release:** A two-handed, light-touch modality addressing fascia. This work is extremely slow since it advances at the body's pace, not the brain's pace. Fascia, when released, allows the body to have an increased range of motion, relieve cramping, and may address issues that are decades old. It allows the body to have natural tensegrity, breaking the holding patterns from all forms of trauma. It is common for patients to experience an emotional release during this technique, as well.
- ☐ **Deep Tissue:** Just as the name suggests, the therapist works the deeper tissues. Not by force (deep pressure), but instead she communicates with tissues by touch and waits to be invited into deeper realms of muscles and fascia. Please note that this is not the kind of massage people think of when they hear "deep tissue" which would more accurately be called "deep pressure."
- ☐ **Cranial Sacral Therapy:** This modality taps into the body's innate wisdom. By doing so, the body may make corrections where, to what degree, and to what depth it wants. This is a light-touch modality with the client fully clothed.
- ☐ **Therapeutic:** Client and therapist work together to address specific issues. Multiple modalities are utilized to attain desired results. Think goal-oriented work in just 1 or 2 areas of the body.
- ☐ **Trigger Point:** Precise work with static pressure to break the cycle within the muscle tissues. Communication between therapist and client is key. The client is very much involved during this work.
- ☐ **Swedish or Relaxation:** Slow strokes allow the body and brain to shift and lower its guard thus moving to a point of peace and healing. Comforting and familiar petrissage and effleurage strokes speak to the body and give a sense of wholeness.
- ☐ **Tuina:** A Chinese medical massage technique includes tapping, striking, rolling, and bonging (tool).
- ☐ **Prenatal massage:** Therapist knows how to adapt the technique for a pregnant woman in each trimester of her pregnancy. For the pregnant woman, prenatal massage can relieve mental and physical fatigue, improve circulation and blood flow, and improve the function of sore or stiff joints and muscles.
- ☐ **Emotion Code:** See next page.
- ☐ **Reflexology:** Reflexology is the application of pressure to areas on the feet (or the hands) that correspond to organs and systems of the body. Reflexology is generally relaxing and may help alleviate stress.
- ☐ **Muscle Phasing:** This technique integrates the nervous system's intelligence and the body's desire for balance. The therapist "talks" to sensors in muscles where they connect to bones which tells us how much pain we are in, where we are in space, and how much power we can safely load, and helps those sensors wake up and return to resets to a more efficient and balanced pathway.
- ☐ **BioField Therapy:** Biofield therapies are noninvasive therapies in which the practitioner explicitly works with a client's biofield (interacting fields of energy and information that surround living systems) to stimulate healing responses in patients.

*A note from Michelle: "I do not offer or perform memorized routines massages. Each session is unique and reflects where the client is at that given moment. I may draw upon any of the above skills during a session as well as essential oils, skin rolling, stones, PNF, cupping, bonging, brushing, EFT (Emotional Freedom Tapping) & kinesiology (muscle testing). All sessions are surrendered to God; healing comes from God and I pray He uses my hands."*

## **What is Emotion Code?**

Have you ever been so in love it *hurts*? Or experienced an upset stomach from stress? Been so happy, you feel like you're floating?

Our bodies can feel emotions on a very physical level, as emotions affect the energy that radiates throughout our bodies. Sometimes this emotional energy gets trapped in the body and creates longer-term mental and physical issues, from pain and malfunction to anxiety and seclusion.

The Emotion Code, as described by Dr. Bradley Nelson, "is a powerful and simple way to rid yourself of unseen baggage." By using this method to release trapped emotions, we've seen our very own patients experience incredible benefits like physical symptom resolution (e.g. decreased headaches, less pain, improved sleep), resolving self-sabotaging habits, and even improving or resolving issues with personal relationships. To read patient testimonials, visit our blog at [www.valeowc.com/blog](http://www.valeowc.com/blog) and search for "Emotion Code" in the categories side bar.

## **How Does it Work?**

Before understanding how Emotion Code works, you need to understand that the body is made up of energy. Every cell within our body is made up of energy. (Dr. Rob has a great explanation of this at <https://valeowc.com/its-electric-your-body-that-is/>).

As a Certified Emotion Code Practitioner, Michelle uses a four-part method to uncover trapped emotions and subconscious barriers (which are also made up of energy) to healing and release them. In your appointment, she will use muscle testing to hone-in on the trapped emotions, gather information from the body about that trapped emotion (when needed), and work on the body with a small magnetic device until the emotion has been released.

## **What Does it Feel Like?**

The physical sensation of Emotion Code is generally mild. Michelle will rest her hand on your shoulder for the muscle testing, and the magnetic used to release emotions is rolled along your spine very lightly. The emotional sensation of Emotion Code varies. Some people experience intense waves of emotion as they are released while others do not feel anything during their appointment. It is also common to feel more tired than usual the rest of the day, and even for several days after, as the body continues to process releasing emotions.

You may find that after one or several appointments, you begin to experience both expected and unexpected changes. Because resolving the energy in your body impacts it on so many levels, you may experience improvements in mood, sleep, energy, digestion, relationships, and more.

Although we can do our best to describe the Emotion Code, the best way to understand it is to experience it! To schedule an appointment, stop by our front desk, call 952-949-0676 or email [info@valeowc.com](mailto:info@valeowc.com).

# **Complementary & Alternative Health Care Client Bill of Rights**

**Practitioner Name:** Michelle McKusick, CMT, CECF, Advanced Bodywork Specialist  
**Business Name:** Valeo Health & Wellness Center  
**Business Address:** 11800 Singletree Lane, #205, Eden Prairie, MN 55344  
**Telephone number:** 952-949-0676

As of July 1, 2001, Minnesota's Freedom of Access to Complementary Care Law (Statute Chapter 146A) requires that you receive and acknowledge that you have received by your signature on the back of this page, the following information prior to your treatment.

**Michelle McKusick, CMT, CECF, and Advanced Bodywork Specialist, hereafter, "the Practitioner" has the received following education, training & credentials:**

- 2022 Reflexology – Centre of Excellence
- 2021 Muscle Phasing – Muscle Smith, LLC
- 2020 Emotion Code – Discover Healing
- 2018 Emotional Releasing – several sources
- 2017 CST-Cranial Sacral Therapy. TuiNa- Chinese Medical Massage – Centerpoint
- 2016 EFT Emotional Freedom Tapping – Centerpoint
- 2015 Myofascial Release Therapy – John F. Barnes
- 2014 Lymph Drainage Massage – Center Point Massage and Shiatsu School and Clinic
- 2011-2013 Diploma in Therapeutic Massage Program – Center Point Massage and Shiatsu School and Clinic

The Information that follows in quotation marks is required to be on the Client Bill of Rights in bold print by the state statute: **"THE STATE OF MINNESOTA HAS NOT ADOPTED ANY EDUCATIONAL AND TRAINING STANDARDS FOR UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONERS. THIS STATEMENT OF CREDENTIALS IS FOR INFORMATION PURPOSES ONLY. Under Minnesota law, an unlicensed complementary and alternative health care practitioner may not provide a medical diagnosis or recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis from a licensed physician, chiropractor, or acupuncture practitioner, or services from a physician, chiropractor, nurse, osteopath, physical therapist, dietitian, nutritionist, acupuncture practitioner, athletic trainer, or any other type of health care provider, the client may seek such services at any time."**

- **Supervision:**

If the Client has a complaint or concern about the care or services you have received, the Client may contact the Practitioner's supervisor:

*Dr. Aaron Morland, DC, Valeo Health & Wellness Center  
11800 Singletree Lane, #205, Eden Prairie, MN 55344  
952-949-0676*

- **Complaints:** If the Client has a complaint or concern about the care or services they have received, the Client may also contact the Office of Unlicensed Complementary and Alternative Health Care Practice located in Minnesota Department of Health:

**Mailing address:** P.O. Box 64882, St. Paul, MN 55164-0882

**Phone:** 651-201-3731

**Fax:** 651-201-3839

**Website:** [www.health.state.mn.us](http://www.health.state.mn.us)

- **Fees, Payment, Insurance:**

Fees for Advanced Bodywork at Valeo are as follows. Tax not included:

- \$110 for 60 minutes
- \$220 for 120 minutes

Payment is accepted by cash, check, or Credit Card. This Practitioner is not on contract with any HMO's, PPO's, or any other Insurance Company to provide discounted services. Payment in full for

services is expected at the time of service, unless otherwise arranged prior to the appointment. Valeo requires 24 hours notice for cancellations.

- **Change of Price:** Clients have the right to reasonable notice of changes to the prices, services, or policies.
- **Theory of Treatment:** The state requires a “Plain language” summary of the “theoretical approach used to provide service to clients”. The Practitioner’s Theory of Treatment is: The Practitioner utilizes Deep Tissue Massage, Rehabilitative massage, Lymph Drainage, Myofascial Release, and other body work to help clients reduce pain, improve circulation of blood and lymph, improve range of motion and mobility, relief of muscular tension, connective tissue and rebalancing of the body.
- **Right to Current Information:** Clients have the right to complete and current information concerning the practitioner's assessment and recommended service that is to be provided, including the expected duration of the service to be provided.
- **Right to Confidentiality:** Client records are confidential and will not be released, unless authorized by the client in writing or as otherwise provided for by law.
- **Right to Self Access:** Clients have the right to access to their own records maintained by the Practitioner’s office, in accordance with state statute sections 144.291 to 144.298;
- **Personal Interaction:** Clients have the right to expect courteous treatment, free from verbal, physical, or sexual abuse.
- **Other Treatment Available:** Other massage therapy services are available to the Client in this same community. These can be located by asking the Practitioner, the provider who referred you to this practitioner or the following practitioner database: [www.amtamassage.org](http://www.amtamassage.org)
- **Right of Agency:** The Client has the right to choose freely among available practitioners and to change practitioners after services have begun, within the limits of health insurance, medical assistance, or other health programs
- **Records Transfer:** The Client have the right to coordinated transfer of your records when there will be a change in the provider of services
- **Right of Refusal:** The Client may refuse services or treatment, unless otherwise provided by law.
- **Right of Nonretribution:** The Client has the right to assert the any and all of above-mentioned rights without retaliation from the Practitioner.

**I acknowledge by my signature that I have received and understand the Complementary and Alternative Health Care Client Bill of Rights.**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

## Valeo Payment Policy

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**Returned Check Policy** - Valeo accepts checks as a form of payment; however should a check be returned due to insufficient funds, we will require immediate payment of another form plus a \$35.00 returned check fee and any bank charges. If there is no response from you, we must send this to collections.

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

**Insurance Payment Agreement** - *For Personal Injury, Work Comp or Medicare Only:* I understand that insurance will be billed for Valeo services and I hereby authorize assignment of my insurance rights and benefits (if applicable) directly to the provider for services rendered.

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

**Service Agreement** - I clearly understand and agree that all services and products rendered me are charged directly to me, and that I am personally responsible for payment. I also understand that if I suspend or terminate my care, any fees for professional services rendered to me will become immediately due and payable. Valeo will work with you regarding payment plans if necessary. There will be an 18% APR charged on balances over 30 days past due. Anything older than 120 days will be sent to collections. Please contact us if you have any questions regarding this policy.

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

**Cancellation and Missed Appointment Policy** - I understand and agree that I am personally responsible for keeping track of my scheduled appointments at Valeo. I also understand and agree to pay 50% of the appointment type charge if I miss my appointment or cancel my appointment with less than 24-hours notice (except in cases of emergency).

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

### **Policies & Procedures**

1. The practitioners design and recommend specific health plans in order for you to get better in the shortest amount of time. It is to your benefit to maintain your visit schedule and care plan as explained to you when you start care with the practitioner. The practitioners take your health very seriously and we ask that you do the same.
2. If you need to cancel or reschedule an appointment, please provide the office with at least a 24-hour notice. Our goal is to stay on time; however, occasionally emergencies or unforeseen circumstances arise where the practitioner will spend more time with a client. We will do our best to inform you if the practitioner is running behind schedule. Appointments missed or canceled with fewer than 24 hours noticed may be charged in accordance with the cancellation and missed appointment policy above.
3. Although our system sends out text and/or email reminders for appointments as a courtesy, technology is not 100% reliable, and it is your responsibility to track and maintain your scheduled appointments.