

Informed Consent

It is important that you get to know and understand the salient points of physiotherapy. In addition, just like any other medical treatment, there are benefits and risks involved. We shall explain it here in this informed consent and you can also ask if you have further questions or you need clarification. We will answer and explain them to you. Before a procedure shall be done, we will make sure to explain them to you first. Please note that you have the right to decline any part of the treatment before or during treatment. You have the right to ask your physiotherapist about the treatment plan and discuss the potential risks and benefits of the treatment.

What is Physiotherapy?

Physiotherapy is a form of rehabilitation that helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future.

It takes a holistic approach that involves the patient directly in their own care and there are various methods of treatments to help one to regain and/or improve his or her physical function.

Max Physio provides Physiotherapy and Sports and Therapeutic Massage patient care services that help in the management of a wide variety of musculoskeletal conditions.

The purpose of the services we provide is to examine, evaluate, diagnose and establish an adequate intervention plan and prognosis in the treatment of your presenting problem. In the process of treatment we will use a variety of treatment and rehabilitation techniques to aim to reduce length of functional restriction and maximise potential recovery.

On your first visit, a detailed case history including a full medical history and physical examination will be taken. The initial assessment will last around 60 minutes, with follow up sessions ranging between 30-45 minutes, depending on your symptoms and stage of recovery. The therapist may ask you to remove an item/s of clothing, therefore, please wear something that you will feel comfortable in. If you would like some privacy while you change, please ask the therapist. You are welcome to bring a friend or relative with you into the treatment room if it makes you feel more comfortable.

At the end of the first consultation/examination a detailed explanation of the diagnosis and proposed treatment will be given to you. Please do not hesitate to ask any questions about anything that you do not understand.

How Physiotherapy is Applied?

Physiotherapy applies a variety of different techniques to aid a person in their rehabilitation journey, this can be a combination of manual, hands on therapies, guided exercises and the use of additional agents such as heat or cold compress, sound waves, electricity, or mechanical devices or machines. This will depend on the issues that are needed to be addressed and the technology available for the physiotherapist to utilise.

The Risks

As physiotherapy intends to resolve the problem that the person is experiencing due to illness or injury, there are some risks that may arise during the course of the treatment such as pain and discomfort.

The initial assessment will involve a thorough assessment of a patient's movement as well as a hands on assessment to assess for areas of tenderness, stiffness and dysfunction in an attempt to reproduce the patient's symptoms to allow for a diagnosis to be sought and a treatment plan to be implemented. As a result, the patient may end up feeling sore or tender following their assessment and treatment, this is normal and will usually ease after a day or so.

All procedures will be thoroughly explained to you before application. Response to intervention varies from person to person, and therefore, there is a possibility that the treatment may result in short term aggravation of existing symptoms and may cause pain, bruising or injury.

It is your right to discuss the potential risks and benefits involved in your treatment and decline any part of your treatment at any time before or during treatment, should you feel any discomfort or pain or have other unresolved concerns.

Please take note that some patients can experience pain and discomfort that may reduce their motivation to continue due to pain or lack of manifesting results. It is important that the patient communicates their concerns with the therapist so that further explanation can be provided or amendment to their treatment plan can take place.

Expectations

Max Physio does not guarantee that the treatment provided will help to resolve the condition you are seeking treatment for but will use best evidence and clinical judgement in the application of your treatment.

Chaperone: If you are 16 years or under, or classed as a vulnerable adult you must have an appropriate adult or carer in attendance.

Medical Conditions: This consent implies that you agree to disclose any and all relevant medical information requested by the treating clinician e.g. X-ray or MRI results, the presence of conditions such as Asthma, Diabetes, Heart conditions, High blood pressure, Metal implants, pregnancy and others.

Cancellation Policy

Clients who book at Max Physio are required to give 24 hours advanced notice of their inability to attend or change their appointment, otherwise they will be charged £20 for the appointment if they fail to do so.

If appointments are not attended without prior notice the full appointment fee will be applied.

This policy is deemed necessary to avoid denying appointments to patients who may be on the waiting list.

Data protection

All the information collected in the course of your assessment and treatment at Max Physio will remain strictly confidential under the terms of the Data Protection Act 2018 and the General Data Protection Regulation (EU) 2016/679, (GDPR)

CONSENT

I have read this consent form and understand the risks involved in treatments provided by Max Physio and agree to fully cooperate, participate in all treatment procedures, and comply with the established plan of care.

I authorise the release of my medical information to appropriate third parties provided it is either medically to my benefit, (i.e. GP, Medical Practitioner, Insurance Companies) or as dictated by law.

I consent to the assessment and treatment recommended and performed by the practitioner at Max Physio in accordance with the governing body's professional guidelines. I understand that before any treatment is carried out, a full explanation of the purpose and any risks of that treatment will be given, and based on that information I am entirely within my right to refuse treatment and that I should inform the clinician of my wishes at the time.

I understand and accept it is my responsibility to ensure prompt settlement of any fees and not that of a medical insurance company or third party.

Please tick next to the option that applies:

I am 17 years or older and I give my full consent to the physiotherapy assessment and treatment.

I am below 17 years of age or a vulnerable adult and my parent or legal guardian gives his/her full consent to the physiotherapy assessment and treatment for which I will undergo.

I do not give consent.

Date:

Full Name:

Signature:

Date:

Full Name (Parent / Guardian):

Signature (Parent / Guardian):
