



Please read closely and sign the following statement regarding Extreme Stretching Contraindications:

- 1) Broken bones, fractures, dislocations
- 2) Severe sprains, torn ligaments, tendons, or muscles
- 3) Recent surgery
- 4) Body areas that are inflamed, swollen, or bruised
- 5) Varicose veins
- 6) Open or unhealed sores or wounds
- 7) Contagious diseases
- 8) Vomiting or diarrhea
- 9) Fever
- 10) Severe pain
- 11) Jaundice
- 12) Kidney Disease
- 13) Large hernias
- 14) Hemorrhaging
- 15) High blood pressure or heart problems
- 16) Certain kinds of cancer (consult physician)
- 17) History of phlebitis or thrombosis
- 18) Rheumatoid arthritis
- 19) Pregnancy
- 20) Diabetes
- 21) Gout/Rheumatism
- 22) Osteoporosis

EXTREME STRETCHING RELEASE STATEMENT

This facility and the therapist will not be held liable for indications that arise during or after the Extreme Stretching treatment, and I agree to notify the therapist if there are any concerns prior to a session. I have stated all relevant physical conditions, reviewed the Extreme Stretching Contraindications, and will inform the therapist of any changes in my health.

PRINT NAME: _____

SIGNATURE: _____

DATE: _____