

Consent and Waiver of Liability for Fascia Blasting and Infrared Heat Sessions

In the interest of your health and safety, if you are affected by any of the following conditions, you will be required to obtain a referral letter from your primary health care practitioner (i.e. MD or ND) prior to commencing your Fascia Blasting session in the infrared heat. Your doctor may call if he/she has any questions.

Contraindications for Infrared heat: INT: _____

Current medical history:

- Pregnant or lactating
- Dehydration
- Recent (acute, within 48 hours) joint injury, chronically hot and swollen joints, enclosed infections (either dental, in joints or any other tissue).
- Multiple sclerosis
- Heat illness (heat cramp/exhaustion/stroke)
- Medication with a narrow therapeutic index, out of which is life threatening
- Unstable hypertension
- Severe hypotension
- Hemophilia and/or a predisposition to hemorrhage
- Superficial metallic implants (ie. metal pins, rods, artificial joints or any other surgical implant due to the reflection of infrared rays by these articles).

Currently have:

- Diabetes
 - also use insulin subcutaneous injections
 - also have neuropathy
- Neuropathy
- Acute or chronic edema or lymphedema (swelling of the wrists, ankles, etc.)
- Cholinergic urticaria, acantholytic dermatosis, malaria, severe burns/scarring/heat rash
- Systemic lupus erythematosus
- Take street/recreational drugs (please circle either past or present) [eg. amphetamines, heroin, cocaine]
- Take medications which may predispose me to heat illnesses when exposed to heat [eg. sympathomimetic, anticholinergics, tricyclic antidepressants, antihistamines, phenothiazines]
- Take medication that may reduce perspiration ability [eg. diuretics, barbiturates, β -blockers]

***Contraindications for Fascia Blasting:

I have watched Ashley Black's You Tube Video on Contraindications for Fascia Blasting INT: _____

- History of Blood Clots or on Blood Thinners Medication:

If someone is on blood thinners or has a history of blood clots, it's usually NOT safe for them – so please consult your doctor and be sure to get CLEARED with an ultrasound by a doctor before you try anything that enhances circulation like this! Even with the clearance from blood clots, our official position is that it's not safe for you if you've had a history of blood clots, so it's an "at your own risk" situation that you need to get approved by your doctor. **Fascia Blasting can be contraindicated for anyone who is taking blood thinners or has a history of blood clots because blood clots can be caught up in the fascia, so when you break up the fascial adhesions the blood clot can be released, which can be fatal.** Please be sure to consult your doctor before you try anything that enhances circulation like this!

However, the Fascia Blaster® is perfectly safe for everyone else and does not CAUSE blood clots.

- In the presence of an acute infection or allergy symptoms
- Uncontrolled congestive heart failure
- Thrombophlebitis
- Cancer or currently in treatment
- Neoplasms
- Abnormalities in your circulatory system or heart rhythms
- Meningitis
- Open skin lesions
- Pulmonary Embolism

Consult your doctor and have a letter from your doctor if you

- Are Pregnant
- Post Cancer
- Had recent abdominal surgery less than 3 months
- If you have liver cirrhosis
- Any abnormal abdominal pain

Sign and Date that you have read and watched the YOUTUBE video of the contraindications:

Date: _____

Before and After your Fascia Blasting Sessions

Pre-care for your Fascia Blasting Session:

*Make sure to drink plenty of water prior to your sessions. For greatest results, try to drink 1oz of water per lb. of weight. Drinking enough water will help with releasing the toxins and fat cells in to the body, make the tissues more pliable, and help decrease the detoxing symptoms. _____ INT

For BEST results, heat the body. This is important for the Fascia Blaster to properly work on the fascia and remove any fascial adhesions and lyse fat cells. _____ INT

After Care for your Fascia Blasting Session

Bruising is extremely common after and during your Fascia Blasting session. In order to minimize the lasting effects of bruising, proper post-care is important. Listed below are a few ways to heal and minimize the bruising: _____ INT

- Take Arnica Montana (6c to12c) Pellets or Pills 2-3x daily till bruising has subsided.
- Massage Arnica Cream or Gel daily, 2-3x on the bruised areas till tenderness and bruising subsides.
- Use Ashley Black Post Blasting Cream.
- Take a cold shower or ice bath right after your treatment or use ice bag on areas starting to bruise (20mins)
- Take an Epson salt bath (3-4 cups of Epson Salt per bathes) and soak for 20 min. Add Lavender Essential Oil to help with bruising as well.
- There are many other ideas and ways to heal bruising on the Facebook Fascia Blaster page from other blasters.

Don't blast the same area till bruises are healed or there is no more pain in the area. _____ INT

If you are swollen and bloated after blasting, try using a dry-brush before taking a shower to move the lymphatic system.

I hereby understand and acknowledge that I have none of the current medical history mentioned above to participate in the training programs and events and sessions held by the Soul Fit Personal Training LLC, may be exposed to many inherent risks, including dehydration, heat sickness, bruising, detox symptoms such as headaches, bloating, swelling, increased bowel movements, fatigue, emotional releases, illness, or even death. I assume all risk of injuries associated with participation including, and all other such risks being known and appreciated by me.

I hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and the furnishing services to me, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE the Soul Fit Personal Training LLC, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation during a Fascia Blast session, programs and/or events.

By my signature, I indicate that I have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Participant's Name (Please Print): _____

Participant's Signature: _____

In case of emergency, contact: _____ Phone: _____

Take-home Information about Fascia Blasting

Infrared Heat Information Please remember that infrared heat is simply radiant energy in the form of a band of light that radiates heat penetrating the skin to a depth of 1½ inches or more. This radiant heat is efficient because it warms the body internally, not the air.

- For optimal results, refrain from using the sauna on a full stomach.
- It is important to remain hydrated. For best results, drink water prior, during and after your sauna session.
- At the first sign of a cold or flu, increasing sauna sessions may be beneficial in boosting the immune system and decreasing the reproductive rate of viruses and bacteria.
- As your body becomes more heat conditioned, you may want to have the sauna session increased to 45 minutes or longer. Please remember to hydrate your system with plenty of water during the full session.

Note: Many people with heavy metal, chemical or pesticide toxicity levels may find it difficult to sweat initially, for some individuals it may require 5-10 sessions before measurable sweat volume is evident, but continuous water intake will enhance detoxification. Even without measurable sweat, the infrared sauna is helping to eliminate toxins through urine, bowels and hair.

To treat your ankles and feet more effectively, elevate them while in the sauna. Any area you wish to achieve a specific deep heating effect should be placed as close to the infrared emitters as feels comfortable.

Pre-care for your Fascia Blasting Session:

*Make sure to drink plenty of water prior to your sessions. For greatest results, try to drink 1oz of water per body weight. Drinking enough water will help with releasing the fat cells in to the body, make the tissues more pliable, and help decrease the detoxing symptoms.

For BEST results, heat the body. This is important for the Fascia Blaster to properly work on the fascia and remove any fascial adhesions and lyse fat cells.

After Care for your Fascia Blasting Session

Bruising is extremely common after and during your Fascia Blasting session. In order to minimize the lasting effects of bruising, proper post-care is important. Listed below are a few ways to heal and minimize the bruising:

- Take Arnica Montana (6c to 12c) Pellets or Pills 2-3x daily till bruising has subsided.
- Massage Arnica Cream or Gel daily, 2-3x on the bruised areas till tenderness and bruising subsides.
- Use Ashley Black Post Blasting Cream.
- Use Vicks Vapor Rub on bruises.
- Take an Epson salt bath (3-4 cups of Epson Salt per bathes) and soak for 20 min. Add Lavender Essential Oil to help with bruising as well.
- There are many other ideas and ways to heal bruising on the Facebook Fascia Blaster page from other blasters.

Don't blast the same area till bruises are healed or there is no more pain in the area

Drink your body weight in ounces of water to help detox and rid your body of the fat and toxins released during your session!

In order to get the best results, you should fascia blast the everyday for 30 days, then take one week off and repeat for 90 days. Depending on the type of cellulite it can take 4-16 weeks to see results. Consistency is the key to the best results. Any questions concerning fascia blasting or afterwards, please don't hesitate to call, text or email me.

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