



## **MOBILISER RECOVERY SUITE - TERMS FOR USE**

The massage is done by machine that is robotically controlled it is therefore not reliant upon a therapist.

It has no therapist but does have an Operative that will adjust or stop the machine if there is any discomfort.

By signing below, you have confirmed you are over the age of 18 and have read and understood the contents, and in doing so hereby agree to the following:

1. You are physically capable of getting on and off the massage chair safely.
2. You do not have any injuries or conditions that should prevent you from receiving a massage and have not been advised by a physician that you should not receive a massage therapy. You are not suffering from any of the contraindications listed below.
3. You understand that massage is not a substitute for medical care.
4. You will be truthful with the Operative about any relevant existing medical conditions.
5. You will immediately report any discomfort or pain to your Operative during the massage.
6. You understand that massage is for relaxation and therapeutic purposes only.
7. You will always act responsibly and sensibly.
8. You are not under the influence of alcohol or non-prescription drugs
9. You understand that any inappropriate behaviour will result in refusal of service.
10. Your body is covered hygienically which includes your feet (Disposable socks available)
11. You are not wearing any metal studded or sharp objects on your person or within your clothing
12. You are over 4ft 9 inches in height and do not exceed 6ft 5 inches
13. You are over 16 Years of age and have permission from an adult. (The adult must sign on your behalf below)
14. In the absence of any negligence or other breach of duty by us, the use of our massage armchairs is entirely at your risk.

### **CONTRAINDICATIONS**

If you are suffering from any medical condition or receiving medication and need confirmation, we strongly recommend you consult your doctor or Health care provider before use.

Massage armchairs are generally considered safe, however there are many conflicting medical opinions about the benefits or potential negative effects of massage. We prefer to always act on the side of caution; we strongly urge you

therefore to seek medical advice rather than take any unnecessary risks should you be unsure.

**The most common contraindications to massage in massage armchairs are:**

- Very high fever
- Heart Conditions
- High or Low blood pressure
- Current medication
- Muscular/Skeletal/ Spinal injury
- Metal plates or pins
- Broken / Dislocated or Fractured bones
- Skin disorders such as Eczema / Psoriasis or open sores in places to be massaged
- Thrombosis / Phlebitis / Varicose veins (leg massage to be avoided)
- Pregnancy current or recent
- Fresh postoperative wounds / Recent surgery
- Implanted pacemakers or any other electric devices
- Tumour
- Receiving recent chemotherapy or radiation treatment
- Blood clots / Thrombosis
- Osteoporosis
- Autoimmune disease
- Diabetes
- Epilepsy
- Asthma
- Allergies

“This is not an exhaustive list of contraindications. If you are in doubt, or if you are suffering from any pre-existing condition or feel unwell, you should consult your doctor before using the massage chairs.”

As you can see, some contraindications could potentially limit taking advantage of the massage chair for shorter or longer periods of time, and sometimes permanently.

To reiterate: If you have any doubts, remember that it is sensible to consult your doctor.

It is important that you read and understand this statement before using our Mobiliser Recovery Suite. If there is any term that you do not understand, then please discuss it with us prior to booking.