



The state of Vermont will be requiring all massage professionals to be registered with the Office of Professional Regulation (OPR) as of 4/1/21.

A public disclosure agreement is required by OPR *Therapist Training & Experience / Limitations of Massage Therapy*

Heather Chernyshov, MS, ATC, NCTMB (massage therapist) has earned a Master of Science in Athletic Training from the University of Florida, Bachelors of Science in Exercise Physiology from the University of Connecticut and national certification in massage therapy (additional 1500 hr course work) from SunCoast School of Massage, Gainesville Branch of Tampa, FL.

Massage therapist knowledgeable in Swedish massage, deep-tissue, myofascial techniques and prenatal massage.

Massage therapists do not diagnose medical diseases or musculoskeletal conditions. **Massage therapy is not a substitute for medical examination and or treatment.** Massage therapists do not prescribe herbs or drugs, including aspirin or ibuprofen, or medical treatments. They do not perform spinal adjustments and they cannot counsel clients about emotional or spiritual issues as would be provided by a mental health professional or spiritual leader. **If you experience symptoms that lead you to believe you may have a medical condition, it is recommended that you visit a physician for diagnosis and treatment.**

Expectations and Rights

The client has a right to prompt, professional service in an environment that is clean, private, and safe. Client information is not shared with any members of the public or other health-care providers unless the client releases the information in writing. Massage Therapists are mandatory reporters. The client has the right to end the session at any time should they feel dissatisfied or uncomfortable with the session in any way.

Formal complaints can be filed with the state on their website:

You can find information about actions that constitute unprofessional conduct at [26 V.S.A. Section 5427](#) and [3 V.S.A. Section 129a](#).

<https://sos.vermont.gov/massage-therapists-bodyworkers-and-touch-professionals/massage-body-touch-prof-faqs/>

Your Massage Session and Adverse Massage Reactions

After you complete the health intake form, the therapist will take you to a private treatment room, review the form with you, and discuss your goals for the session. The therapist will customize the massage to meet your specific needs within the limits of his or her training and scope of practice. The therapist will then leave the room while you undress and position yourself under the drape on the massage table. Only the area being massaged at the time is undraped as the session proceeds.

Massage may lead to adverse reactions in certain situations or when used with certain conditions or medications. The massage therapist will evaluate your health-history intake and ask you questions to make sure it is safe for you to receive a massage. In the event the massage therapist is uncertain that massage will be of benefit to you, he or she may ask you to provide a note from your physician stating that it is safe for you to receive massage. Please provide complete details of medical conditions and medications to your massage therapist during the health-intake interview. **Failure to inform the massage therapist of all medical conditions and medications may place you at increased risk for adverse reactions.**

Business Policies and Practices- 24 HOUR CANCELLATION POLICY!

Effective 1/1/2021, A one-time 50-minute massage can be purchased for \$100.00/\$125 with the use of the biomat per individual visit. If a client wishes to purchase a card of 5 massages, the price is \$425.00 -15% discount without use of biomatt/\$550.00 w/ use of biomat=12% discount. Massage punch cards are transferable, non-refundable and [will not expire](#). If a client needs to cancel a massage, 24 hours' notice is required, otherwise there is a \$45 cancellation fee.

I, _____ have read and clearly understand the attached **BUSINESS POLICIES/INFORMED CONSENT** detailed by PT360, and I would like to receive a massage session or request a session for my child or dependent. I understand that a copy of these policies is available to me at any time by request and also located on the PT360 website. I understand the benefits and limits of massage therapy and understand massage may cause adverse reactions in certain situations. If I experience any discomfort during the session, I will immediately inform my therapist so she can modify the massage strokes. I understand that it is my responsibility to keep the massage therapist informed of changes in my (or my child's or dependent's) health status, diagnosed medical conditions, and medication. I understand that failure to inform the therapist of these changes may place me (or my child or dependent) at greater risk of adverse reactions to massage. I release the massage therapist of any liability if I fail to disclose the appropriate health-related information. I understand PT360 charges a \$45 fee for cancelling within 24 hours.

