



Informed Consent for Chest/Breast Massage

I, _____, voluntarily consent to receive chest and/or breast massage from Vance Kenney, RMP, with the specifications listed below.

I am aware that (1) the intent of the massage is therapeutic and not sexual, and (2) I have the right to:

- discontinue the entire massage session, or any part of the session, at any time and for any reason
- request the massage to be given through a drape rather than directly on my body, at any time for any reason
- provide a witness who will be in the room with me while I receive the massage
- withdraw my consent for future chest/breast massages

Possible Benefits from Chest/Breast Massage:

1. Improved lymphatic health
2. Supports circulation
3. Improved quality and ease of breathing
4. Improved range of motion in the shoulder girdle
5. Improved relaxation response
6. Improved posture
7. Can support women who are pregnant, nursing or breastfeeding in many ways
8. For clients w/ breast implants: possibly improved life span of implants
9. For clients w/ post-surgical mastectomy: improved tissue health and reducing fascial adhesions
10. Can provide an opportunity for the client to develop a sense of normalcy, confidence and control related to their breasts.

Description of chest massage:

- Focus is on the muscles attached to the sternum and ribs, the pectoralis major/minor, and the fascia. Soft breast tissue and nipples/areolas are avoided but some incidental contact may occur.

Description for full chest/breast massage:

- The full chest will be addressed in the massage. This will include the underlying muscles, fascia, soft breast tissue, and your choice if the nipples/areolas are to be avoided or not. If chosen to avoid, be aware that incidental contact may occur.

Draping Descriptions:

- Minimal draping: Chest may be uncovered at any or all times during the session, by client preference.
- Moderate draping: Chest covered most of the session, but uncovered while being specifically massaged.
- Full draping: Chest work will be performed under the drape.

- I wish to receive:** Chest Massage Full Chest/Breast Massage (avoiding nipples/areolas) Full Chest/Breast Massage (not avoiding nipples/areolas)
- Draping Preference:** Minimal Moderate Full
- Contact Preference:** Skin Contact Over the drape

Signature

Date