

# Jane Collins

BSc(Hons), Cert HE (Ex Sci & PT), MSST, iMFT, Dip SMRT, MISRM

## SPORTS THERAPY & REHABILITATION

### Terms for Consultation and Therapy

There will be an initial consultation, which starts with a review of the patient's detailed medical background. The patient will then undergo a series of biomechanical, movement and neurological tests to help assess the injury or condition.

A course of treatment is then determined and administered using potentially both manual and electrotherapy treatment modalities in an integrated way. The patient may be recommended a series of exercises to strengthen, speed up recovery and eliminate muscle imbalances that may have initially caused the injury.

The prescribed treatment may have to be delivered over a number of sessions. This will be discussed with the patient during the consultation.

The therapist is Jane Collins BSc (Hons), Cert HE (Ex Sci & PT), MSST, iMFT, RSA, a Graduate of the University of Hertfordshire (Honours Degree in Sports Therapy), Diplome of Luton University (Certificate of Higher Education in Exercise Science & Personal Training and Nutrition), Diplome of North London School of Sports Massage (Diploma in Sports & Remedial Massage BTEC Level 5), a Member of the Society of Sports Therapists, a Member of the Institute of Sports & Remedial Massage, a qualified practitioner in integrated Myofascial Release therapy and a qualified advanced practitioner in Kinesio Taping, with specialist diplomas in Fitness for Ante & Post Natal, for those aged 50+ and for Aqua aerobics.

Consultation and therapy will be provided at the clinic at 21 Silverdale Road, Bushey, Hertfordshire WD23 2LY. Alternatively, by special arrangement, consultation and therapy may be provided at the patient's home or sports club and this may incur charges additional to the basic fees. Exercise sessions may take place at a designated gym or sports club; this may incur charges additional to the basic fees. Patients may be accompanied in the clinic subject to the therapist's approval; a parent or guardian should accompany children under the age of 18.

The patient must make an appointment and the appointment is only firm when confirmed by the therapist by phone, e-mail or SMS text message. The patient must be prompt for all appointments. If the patient should miss or cancel an appointment with less than 24 hours notice or if a session is shortened because of the patient's late arrival then the session is chargeable in full. The therapist reserves the right to amend dates/times of clinic sessions as may be necessary from time to time.

The basic fees are: £40 for the first appointment and £35 for subsequent appointments payable at the conclusion of each session. Specialist materials such as Kinesio tape or other strapping will be charged for in addition. Loan of equipment may incur additional charge and/or a deposit equivalent to the value of the equipment loaned. Credit and debit cards are not accepted. The patient will be made aware of any changes to fees. The patient is advised, if appropriate, to check with their medical insurance provider that therapy is covered under the terms of their policy prior to starting a course of treatment; the therapist is not responsible if cover is not available and patients should be aware that consultations and treatments are not provided on the basis of insurance cover being in place.

I have read, understand and agree to the terms shown above.

\_\_\_\_\_  
Signature of patient (or guardian if patient under 18)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Full name of patient (please print in capitals)

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