



## Physical Therapy Services — Informed Consent

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### Nature of Physical Therapy Services

Marrone Sports Rehab provides private, concierge physical therapy, sports rehabilitation, and performance services. Services may include, but are not limited to: therapeutic exercise and neuromuscular re-education, manual therapy, dry needling, blood flow restriction training, movement and video analysis, and home exercise programming. Your treatment plan will be individualized based on your evaluation findings and goals.

### Voluntary Participation & Right to Withdraw

Participation in physical therapy is entirely voluntary. You have the right to refuse or discontinue any treatment at any time without affecting your care. You may ask questions about any aspect of your treatment at any time and are encouraged to do so before consenting to any procedure.

### Risks & Benefits

Physical therapy is generally safe; however, there are some risks associated with treatment, including temporary muscle soreness, fatigue, joint discomfort, bruising (with dry needling or cupping), and rare risk of injury with exercise. Your therapist will explain specific risks before performing any technique and will obtain your verbal consent. The anticipated benefits include pain relief, improved mobility and strength, enhanced sport performance, and return to full activity.

### Dry Needling — Specific Consent

Dry needling involves the insertion of sterile, single-use acupuncture-style needles into muscle tissue to address myofascial trigger points. Specific risks include bruising, soreness, rare vasovagal response (fainting), and extremely rare infection or nerve irritation. Your therapist will discuss and obtain separate verbal consent before performing dry needling. If you do not wish to receive dry needling, please indicate below and your treatment plan will be adjusted accordingly.

### Blood Flow Restriction (BFR) Training — Specific Consent

BFR training uses a pneumatic cuff to partially restrict venous blood flow during low-load exercise. It is contraindicated in certain medical conditions (e.g., active DVT, severe peripheral vascular disease, hypertension, open wounds in the limb). Your therapist will screen you prior to use. Risks include transient discomfort, bruising, and rare nerve compression. Please disclose any relevant conditions.

### Telehealth Services

If you receive services via telehealth/videoconference, a separate telehealth consent form is required. Telehealth services carry the same general risks as in-person care and additional considerations related to technology limitations.

### Confidentiality

All health information collected in connection with your care is protected under the Health Insurance Portability and Accountability Act (HIPAA). A full Notice of Privacy Practices is provided separately and describes how your information is used and protected.

### Out-of-Network Practice

Marrone Sports Rehab is a direct-pay, out-of-network practice. You are responsible for payment at the time of service. A detailed superbill will be provided upon request for submission to your insurance carrier for out-of-network reimbursement or to your HSA/FSA administrator. By signing below you acknowledge that you understand the payment structure.

### Patient Acknowledgment

I have read and understood this Consent to Treat. I voluntarily consent to physical therapy evaluation and treatment by Marrone Sports Rehab. I understand I may withdraw consent at any time. I have had an opportunity to ask questions and all questions have been answered to my satisfaction.

DRY NEEDLING:

- ☐ I consent to dry needling as clinically indicated
- ☐ I decline dry needling — please note in my chart

PATIENT / GUARDIAN SIGNATURE

DATE