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QUESTIONS, QUESTIONS...



## Why Do Therapists So Many Questions?

The therapist should ask, look, listen and record... for the benefit of both parties and take approximately 15-20 minutes at the start of the first session, call or email to discuss your consultation.

The consultation process is an essential platform on which to develop a course of treatments, record and evaluate the treatments; implementing adjustments as necessary to improve the client's condition. The consultation process should take place at the start of every session, but continue to be informed by verbal and non-verbal communication between client and therapist throughout and at the end of the therapy.

The [General Council for Massage Therapies' Code of Ethics, Conduct and Practice](#) gives clear guidelines and reasons for proper consultation, record keeping and practice.

Including the following:

- Respect for the practice of massage therapy, client and self (therapist) by providing consistent information and approach
- Protect the client – by ensuring a consistent and safe approach of Practitioners
- Sensitivity to the patient
- Work in collaboration with other health professionals

The consultation process should contain the following:

1. Contact details
2. Price
3. Age, height and lifestyle including diet
4. Medical history, past and present

[Cautions and Contraindications to massage – General Council for Massage Therapies](#)

1. [Caution](#) – continue treatment with techniques adapted to client's condition
2. [Local Contraindication](#) – client may have a localised situation which should be avoided not to spread infection or further injure
3. [Total contraindication](#) – a situation where no massage is appropriate

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Should you have any discomforts, don't hesitate to contact us should you require a consultation or just a relaxing message. As Martha Graham said "[the body never lies](#)".

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