

# Benefits and Risks of Therapies

## Information Sheet for Clients – Please Keep for Your Records

At Victoria Soo dba Bodywork by Victoria, we offer a variety of treatments to support your health and wellness. Every therapy has potential benefits as well as possible risks or side effects. Please review this information carefully. You may ask questions at any time.

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## Massage Therapy

**Benefits:** Reduces stress and tension, improves circulation, relieves pain, supports flexibility.

**Risks:** Possible temporary soreness, bruising, or fatigue afterwards.

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## Lifestream Generator

**Benefits:** May help break down scar tissue and adhesions, improve movement, reduce discomfort, support healing.

**Risks:** Temporary soreness, mild skin irritation. Results vary from person to person.

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## Frequency Specific Microcurrent (FSM)

**Benefits:** Uses mild electrical currents to reduce pain and support tissue healing.

**Risks:** Possible skin irritation, mild dizziness, fatigue, or soreness. Not suitable for people with pacemakers or those who are pregnant.

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## Cupping

**Benefits:** Relieves tension, improves circulation, helps muscles recover, may reduce pain.

**Risks:** Temporary marks (red circles), possible bruising or soreness; rarely, skin irritation or blistering.

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## Instrument Assisted Soft Tissue Mobilization (IASTM)

**Benefits:** Helps loosen scar tissue, reduce stiffness, and improve soft tissue mobility.

**Risks:** May leave mild redness, bruising, or tenderness for a short time.

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## Important Notes

- No treatment can be guaranteed to work the same for everyone.
- You may refuse or stop any therapy at any time.
- Always tell your provider about changes in your health, including new medications, implants, pregnancies, or injuries.
- Please understand that all payments are final and non-refundable, regardless of individual results or satisfaction.

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## Questions?

Please speak with your provider if you have any concerns or need clarification. We want you to feel informed and comfortable with your care.