



Do less. Achieve more.™

Core Restore
123 Inverness Road
Athens, GA. 30606
603-781-7378
info@core-restore.com
www.core-restore.com

Core Restore Client Agreement

Our mutual goal is to heal your body by working together to reteach your body to use the right muscles for the right movements. The clients that have had the most success made an agreement to take accountability in this process for their health and well-being. I am asking you to do the same as spelled out below.

I agree to:

1. Make my appointments at Core Restore a priority in my life.
2. Take responsibility for scheduling my sessions in advance and reschedule only when absolutely necessary.
3. Stick with the mutually agreed-upon appointment schedule because MAT/MATRx® has a cumulative effect. MAT/MATRx® is solely dependent on my overall health which determines the number of sessions.

I understand that:

4. The MATRx® modality is a process just like exercise and the number of sessions is determined by an infinite number of issues when it comes to healing my individual muscular system.
5. The MATRx® has prescriptive rules which require me not to vary from the process. I understand that every pattern's ability to hold is solely dependent upon the muscles within that particular pattern's capability to handle force whether it be chemical, emotional or physical. As each of my patterns increase its stress tolerance my body will be able to handle more and more force.
6. If I am inconsistent, this can set me back and prolong the process.
7. Recovery is the key to healing the body. Therefore, I am willing to rest and cut back on exercise and activities as necessary to allow my body to heal. **The amount that I reduce my exercise is determined on an individual basis.** As well, I will comply with my MAT Specialist's instructions to do my reinforcement exercises in order to progress my MAT/MATRx® sessions, including using the CRTS™ as necessary.

Client signature

Date

Core Restore Employee Signature

Date