



Grant Turnbow, D.PSc., SRM[®] is a licensed practitioner through the Pastoral Medical Association (PMA), designated to natural sciences and naturopathic studies. Grant has been practicing SRM[®] (Synergy Release Method[®]) for over 2 years in Waco, providing an alternative option for those who seek help in improving existing conditions, help prevent injuries, and enhance performance.

SRM[®] is a method of balancing the skeletal and muscular systems of the body by influencing muscles to release rather than forcing them, and influencing the sequence in which they respond so that they work together without compensation. The objective is for an individual to improve their balance, obtain better nerve response to muscles with less stress on the skeletal structure, and help clients recover from pre-existing conditions.

SRM[®] practitioners look at the entire body, its movement, and the stress placed on key areas of the body that can lead to painful conditions and/or injury, as well as helping clients identify deeper physical, mental, and/or emotional issues that may be causing areas of the body to begin to compensate and lose its structural and muscular balance. SRM[®] specific stretches and releasing methods then help the affected area in healing itself. Sometimes non-invasive instruments may also be used to speed up the healing process, such as Frequency Specific Micro-current units and Electro-Magnetic Pulse Units.

SRM[®] is a non-invasive alternative rehabilitative, performance enhancing, and preventative method. We do not claim to be or use other therapies. Our methods are not intended to diagnose or guaranteed to treat or cure any disease or physical condition, neither does an SRM[®] practitioner take the place of one's medical doctor or chiropractor. We are not covered by insurance policies or worker's compensation. We work through a service for pay contract with clients who are mostly referred through other clients, sports agents, coaches, dentists, lawyers, and medical doctors. We charge by the hour and the rate varies by appointment type.

After SRM[®], it is common that clients report a series of some soreness, headaches, sinus drainage, an increase in elimination/bowel movements, increased blood flow and/or nerve function to different areas of the body, and other "unwinding" symptoms for up to 3 weeks or more. Our instructions are always to hydrate well and continue the instructed stretches for the next 21 days. Many clients who do so do not require follow-up visits, but others may request additional appointments. We encourage our clients to contact the office in regards to any discomforting side effects or concerns at any time after services.

By signing I acknowledge that I have read, understand, and have received a copy of the above and give my consent to receive services.

Print Name (Add Parent/Guardian name if client under 18 yrs old)

Signature (Add Parent/Guardian Signature if client under 18 yrs old)

Date