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## NeuroHope Participation Waiver

I (“Participant”) hereby understand and acknowledge that the training, programs and events held by NeuroHope may expose me to many inherent risks, including accidents, injury, illness, or even death. I assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me. I hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in. After having read this waiver and knowing these facts, and in consideration of acceptance of my participation in programs designed by NeuroHope, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE NeuroHope, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the NeuroHope training, programs and/or events.

## Neuromuscular Electrical Stimulation Waiver

I understand that Neuromuscular Electrical Stimulation (NMES) is used in the NeuroHope program. NMES is a common rehabilitation intervention that is used to improve muscle strength and coordination. The Food and Drug Administration (FDA) has approved the clinical use of electrical stimulation with parameters to 1,000-3,000 microseconds (pulse width) and 100 hertz (frequency). The NeuroHope program utilizes pulse width and frequency parameters to promote neurologic recovery of the nervous system following spinal cord injury, which is based on the current anecdotal evidence of how the nervous system responds to electrical stimulation during functional activities. As with any type of electrical stimulation, the following risks exist: skin irritation or redness; electrical burn; muscle soreness; and joint aches. NeuroHope staff will take all precautions necessary to ensure safety and well-being throughout the use of NMES during therapy sessions and may suspend ongoing use of electrical stimulation at any point if they deem it is in a client’s best interest to do so. I understand that I am participating in a therapeutic intervention of NMES, which involves the use of electrical current from a device that will cause muscles to tighten. I understand that the use of electrical stimulation can result in the following risks: skin irritation or redness; electrical burn; muscle soreness; and joint aches.

By my signature I indicate that I have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Check all that apply:  NeuroHope Program  NMES

Participant’s Name (Please Print): \_\_\_\_\_

Participant’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian/Caregiver Signature: \_\_\_\_\_