

# TERMS AND CONDITIONS OF REHABILITATION AND TRAINING

**MIRAI**  
CLINIC

- Individuals eligible to participate in rehabilitation and training are those who:
  - have a registered Patient card at the reception of the MIRAI Clinic Sp. z o. o.,
  - have no contraindications to do physical exercises,
  - show up for rehabilitation by the date and time scheduled at the front desk of MIRAI Clinic Sp. z o. o.,
  - Confirm in writing that they are familiar with the Regulations and settle the due payments at the front desk of MIRAI Clinic Sp. z o. o. hereinafter referred to as the "Patient".
- Individuals under the age of 16 should attend rehabilitation or training together with their parent/legal guardian. In the case of Patients between 16-18 years of age, it is necessary to present written permission from the parent/legal guardian to attend the rehabilitation or training at the reception desk of MIRAI Clinic Sp. z o. o. during the first visit.
- The Patient is allowed in the physiotherapy room and can use the equipment only under the supervision of the physiotherapist or trainer.
- Patients with health problems should inform their physiotherapist or trainer about them before starting the session. A physiotherapist or a trainer, considering the Patient's health, may refuse to start or continue the sessions.

In such a case, the Patient has the right to use the purchased session at another time.
- MIRAI Clinic Sp. z o. o. is not liable for any injuries and other health consequences resulting from exercises that were not performed as recommended by a specialist or resulted from health problems not previously disclosed to a physiotherapist or trainer.
- The Patient should wear attire that allows free access to the body part treated:
  - sleeveless shirt - shoulder,
  - short shorts - knee,
  - loose sportswear - spine.Detailed information is available at the front desk of MIRAI Clinic Sp. z o. o.
- The Patient is required to take all their belongings out of the exercise room at the end of rehabilitation and training.
- All rehabilitation and training equipment should be used only for its intended purpose.
- Session times are 40 or 60 minutes, depending on the service selected.
- Rehabilitation or training package (5 or 10 visits purchased) can be used only by the person who purchased the package and is registered in the MIRAI Clinic Sp. z o. o.
- Therapeutic classes can be canceled: in person, by text message, phone or e-mail by either party by 6:00 p.m. on the day preceding the scheduled date.

If the day preceding is a day off work, you should send a text message by 8:00 a.m. to the specific facility where the appointment was to take place:

  - MIRAI Clinic in Otwock: ☎ 576 077 688,
  - MIRAI Warszawa Wola: ☎ 573 312 266,
  - MIRAI Warszawa Mokotów: ☎ 507 778 414.Canceling a visit in accordance with the above rules allows the patient to visit at any next selected date.
- If the booked date is not attended and the appointment is not cancelled as stated in point 11 above, the Patient is not entitled to attend the session on another date and bears the full cost of the session (if the Patient has a purchased package, the visit is deducted from it, whereas if the Patient does not have a package, they are obliged to pay for the session before the next visit). If the Patient misses two classes without prior notification to MIRAI Clinic Sp. z o. o., Companies have the right to cancel all appointments reserved for the Patient to allow other Patients to use them.
- If the Patient is late for rehabilitation or training, the appointment time will be reduced accordingly by the amount of time the Patient is late.
- The test performed on the device for comprehensive functional analysis of the spine can be performed on individuals over 110 cm tall. In the case of minors, in the presence and with the consent of their parents or legal guardians.
- The physiotherapy and training packages can be carried out at MIRAI Clinic in Otwock, MIRAI Warszawa Wola and MIRAI Warszawa Mokotów.

I, hereby sign and declare that I have no health contraindications to exercise and that I can participate in rehabilitation activities. I am fully aware of the state of my health, and I declare that I have given all the information about the state of my health that may be relevant to my participation in rehabilitation classes, and I accept responsibility for the consequences of failure to provide truthful information about my health. Further, I declare that I am familiar with the regulations binding in the MIRAI Clinic Sp. z o. o.

FIRST NAME & SURNAME

DATE

SIGNATURE

**MIRAI**  
WARSZAWA WOLA

ul. Wolska 96  
01-126 Warszawa  
☎ 785 127 354

**MIRAI**  
CLINIC

ul. Armii Krajowej 8  
05-400 Otwock  
☎ 576 778 858

**MIRAI**  
WARSZAWA MOKOTÓW

ul. Domaniewska 37  
02-672 Warszawa  
☎ 507 778 575