

# Health Information (page 1 of 3)



*Relax and Renew*

Therapeutic Massage, LLC

## Client Contact Information

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Referred by: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

## Massage Information

Have you ever received professional massage/bodywork before? Yes ☐ No ☐

How recently? \_\_\_\_\_

What types of massage/bodywork do you prefer? \_\_\_\_\_

What kind of pressure do you prefer?      Light      Medium      Firm

What are your goals/expected outcomes for receiving massage/bodywork?

\_\_\_\_\_  
\_\_\_\_\_

How do you feel today?

\_\_\_\_\_

List and prioritize your current symptoms/issues (stress, pain, stiffness, numbness/tingling, swelling, etc.):

\_\_\_\_\_  
\_\_\_\_\_

List the medications you currently take:

\_\_\_\_\_  
\_\_\_\_\_

Are you wearing contacts? Yes ☐ No ☐

Are you pregnant? Yes ☐ No ☐

Do you give consent for massage on your gluteal muscles? Yes ☐ No ☐

Do you give consent to stretching during your treatment? Yes ☐ No ☐



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## Health Information (page 2 of 3)

### Health History

Have you had any injuries or surgeries in the past that may influence today's treatment?

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**Circle any of the following health conditions that you currently have (If you are unsure, please ask):**

Blood clots – infections – congestive heart failure – contagious diseases – pitted edema

(Please answer honestly, as massage may not be indicated for the above conditions.)

**Please indicate conditions that you have or have had in the past. Explain in detail, including treatment received:**

NA	Current	Past	Muscle or joint pain/stiffness _____
NA	Current	Past	Numbness or tingling _____
NA	Current	Past	Swelling _____
NA	Current	Past	Bruise easily _____
NA	Current	Past	Sensitive to touch/pressure _____
NA	Current	Past	High/Low blood pressure _____
NA	Current	Past	Stroke, heart attack _____
NA	Current	Past	Varicose veins _____
NA	Current	Past	Shortness of breath, asthma _____
NA	Current	Past	Cancer _____
NA	Current	Past	Neurological (e.g. MS, Parkinson's, chronic pain) _____
NA	Current	Past	Epilepsy, seizures _____
NA	Current	Past	Headaches, Migraines _____
NA	Current	Past	Dizziness, ringing in the ears _____
NA	Current	Past	Digestive conditions (e.g. Crohn's, IBS) _____
NA	Current	Past	Kidney disease, infection _____
NA	Current	Past	Arthritis (rheumatoid, osteoarthritis) _____
NA	Current	Past	Osteoporosis, degenerative spine/disk _____
NA	Current	Past	Scoliosis _____
NA	Current	Past	Broken bones _____
NA	Current	Past	Allergies _____
NA	Current	Past	Diabetes _____
NA	Current	Past	Endocrine/thyroid conditions _____
NA	Current	Past	Depression, anxiety _____

Comments:

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# Health Information (page 3 of 3)



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## Consent for Treatment

If I experience any pain or discomfort during this session, I will immediately inform the practitioner so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand that massage/bodywork should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician, chiropractor, or other qualified medical specialist for any mental or physical ailment of which I am aware. I understand that massage/bodywork practitioners are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such. Because massage/bodywork should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions and answered all questions honestly. I agree to keep the practitioner updated as to any changes in my medical profile and understand that there shall be no liability on the practitioner's part should I fail to do so. I also understand that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session, and I will be liable for payment of the scheduled appointment. Understanding all of this, I give my consent to receive care.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_  
(in case of minor)