Fit For Life™

Client Intake Form – Therapeutic Massage

Name_____ Phone (Day) _____ Cell_____

Address_____ City/State/Zip_____

Email_____ Occupation _____

Date of Birth_____ Referred by _____

Emergency Contact _____ Phone_____

The following information will be used to help your therapist plan a safe and effective massage session. Please answer the questions to the best of your knowledge.

Have you had a professional massage before? Yes No If yes, how often? _____

Do you have any difficulty lying on your front, back, or side? Yes No

If yes, please explain _____

Do you have any allergies to oils, lotions, ointments, fruits or nuts? Yes No

If yes, please explain _____

Do you have sensitive skin? Yes No

Are you wearing ☐ contact lenses ☐ dentures ☐ a hearing aid ☐ prosthetics?

Do you sit for long hours at a workstation, computer, or driving? Yes No

If yes, please describe _____

Do you perform any repetitive movement in your work, sports, or hobby? Yes No

If yes, please describe _____

How do you feel the stress in your work, family, or other aspect of your life affected your health?

☐ muscle tension ☐ anxiety ☐ insomnia ☐ irritability ☐ other_____

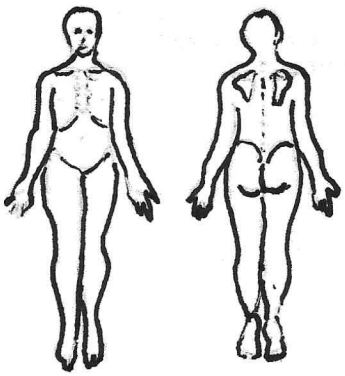
Is there a specific area of the body where you are experiencing tension, stiffness, pain or discomfort?

Yes No If yes, please identify_____

Do you have any particular goals in mind for this massage session? Yes No

If yes, please explain_____

Circle any specific areas you would like the massage therapist to concentrate on during the session:



Medical History

Do you currently or have you ever had any of the following: (please check

- ☐ phlebitis
- ☐ deep vein thrombosis/blood clots
- ☐ joint disorder
- ☐ rheumatoid arthritis/osteoarthritis/tendonitis
- ☐ osteoporosis
- ☐ epilepsy
- ☐ headaches/migraines
- ☐ cancer
- ☐ diabetes
- ☐ decreased sensation
- ☐ back/neck problems
- ☐ Fibromyalgia
- ☐ TMJ
- ☐ carpal tunnel syndrome
- ☐ contagious skin condition
- ☐ open sores or wounds
- ☐ tennis elbow
- ☐ recent fracture
- ☐ recent surgery
- ☐ artificial joint
- ☐ sprains/strains
- ☐ current fever
- ☐ swollen glands
- ☐ allergies/sensitivity
- ☐ heart condition
- ☐ high or low blood pressure
- ☐ circulatory disorder
- ☐ varicose veins
- ☐ atherosclerosis
- ☐ easy bruising
- ☐ recent accident or injury
- ☐ pregnancy If yes, how many months?

Are you currently under medical supervision, including specialist (orthopedist, neurologist, rheumatologist, etc)? Yes No

If yes, please explain _____

Name of primary care physician _____

Do you see a chiropractor? Yes No If yes, how often? _____

Are you currently taking any medication? Yes No

If yes, please list _____

_____

Is there anything else about your health history that you think would be helpful for your massage therapist to know to plan a safe and effective massage session for you?

_____

I understand that the massage I receive is provided for the basic purpose of relaxation and relief of muscular tension. I understand that I will need to update my therapist on my health and well-being prior to each session. If I experience any pain or discomfort during my session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician or other qualified medical specialist for any mental or physical ailment that I am aware of. I understand that massage therapists are not qualified to perform 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 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 therapist updated as to any changes in my medical profile and understand that there shall be no liability on the therapist's part, John Payne LMT, or the establishment, Fit For Life, should I fail to do so.

Signature of client _____ Date _____

Signature of Massage Therapist _____ Date _____