

Client Intake Form for 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 _____

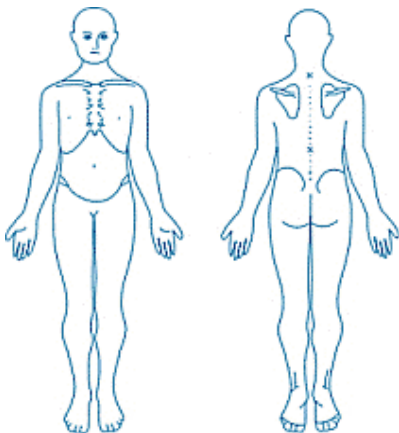
Do you perform any repetitive movement in your work, sports, or hobby? Yes No
 If yes, please describe _____

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)

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

Are you currently under medical supervision? Yes No

If yes, please explain _____

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 useful 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. 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 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 should I fail to do so.

Signature of client _____ Date _____

Signature of Massage Therapist _____ Date _____