

## Confidential Client Intake Form

Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ e-mail \_\_\_\_\_  
Referred by \_\_\_\_\_ Do you have a physician referral/prescription \_\_\_\_\_

### Massage Information

Have you ever received professional massage/bodywork before? \_\_\_\_ How recently? \_\_\_\_\_  
What kind of pressure do you prefer? \_\_\_\_\_ light \_\_\_\_\_ medium \_\_\_\_\_ firm \_\_\_\_\_  
What are your goals/expected outcomes for receiving massage/bodywork? \_\_\_\_\_

### Health History

check all that apply to you including past conditions.

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Muscle or joint pain | <input type="checkbox"/> Muscle or joint stiffness      | <input type="checkbox"/> Numbness or tingling     | <input type="checkbox"/> Swelling,                     |
| <input type="checkbox"/> Bruise easily        | <input type="checkbox"/> Sensitive to touch or pressure | <input type="checkbox"/> High/ low blood pressure | <input type="checkbox"/> Stroke                        |
| <input type="checkbox"/> Heart attack         | <input type="checkbox"/> Varicose veins                 | <input type="checkbox"/> Shortness of breath      | <input type="checkbox"/> Cancer                        |
| <input type="checkbox"/> Seizures             | <input type="checkbox"/> Head-aches                     | <input type="checkbox"/> Dizziness                | <input type="checkbox"/> Ringing in ears               |
| <input type="checkbox"/> Constipation         | <input type="checkbox"/> Kidney stones                  | <input type="checkbox"/> Arthritis                | <input type="checkbox"/> Osteoporosis                  |
| <input type="checkbox"/> Scoliosis            | <input type="checkbox"/> Broken bones                   | <input type="checkbox"/> Diabetes                 | <input type="checkbox"/> Endocrine /thyroid conditions |
| <input type="checkbox"/> Depression/ anxiety  |   |   |  |

### Females only

Are you pregnant? \_\_\_\_\_ If yes how many months are you? \_\_\_\_\_

Please list any other medical issue which would interfere with your massage today?  
\_\_\_\_\_

### Consent of Treatment

Massage therapy is performed for the basic purpose of relaxation and relief from physical tension. If you experience any pain or discomfort during the session please inform your therapist, so the pressure/ strokes are adjusted to your comfort level. Massage therapy is NOT a substitute for a medical examination, diagnosis, or treatment. I understand that massage/bodywork practitioner are not qualified to perform spinal or skeletal adjustments. I agree to keep the practitioner up to date on any health changes. 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 for the entire session. Understanding all of this, I give my consent to receive care.

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

Therapist Signature: \_\_\_\_\_ Date \_\_\_\_\_