



## Confidential Client Intake Form

Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ e-mail \_\_\_\_\_  
Birthdate \_\_\_\_\_ Occupation \_\_\_\_\_  
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? \_\_\_\_\_  
Do you perform any repetitive activities? \_\_\_\_\_  
What are your hobbies? \_\_\_\_\_

### Health History

Check all that apply to you including past conditions.

- Muscle or joint pain
- Muscle or joint stiffness
- Numbness or tingling
- Swelling
- Bruise easily
- Sensitive to touch or pressure
- High/low blood pressure
- Stroke
- Heart attack
- Varicose veins
- Shortness of breath
- Cancer
- Seizures
- Headaches
- Dizziness
- Ringing in ears
- Constipation
- Kidney stones
- Arthritis
- Osteoporosis
- Scoliosis
- Broken bones
- Diabetes
- Endocrine/thyroid conditions
- 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 \_\_\_\_\_