BODY&SOLE
REFLEXOLOGY

Name: _____ Phone: (____) _____ DOB: _____

Address: _____ City: _____State: _____ Zip: _____

E-mail:_____ Referred by: _____

Occupation: _____ ☐ Male ☐ Female

Physician: _____ Health Insurance Carrier: _____

In case of Emergency: _____ Phone: (____) _____

Please take a moment to carefully read the following information and sign where indicated. If you have a specific medical condition or specific symptoms, massage/bodywork may be contraindicated. A referral from your primary care provider may be required prior to service being provided.

Have you ever experienced a professional massage or bodywork session? ☐ Yes ☐ No How recently? _____

What are your bodywork goals? _____

What kind of pressure do you prefer? ☐ Light ☐ Medium ☐ Firm

If you answer "yes" to any of the following questions, please explain as clearly as possible below.

☐**Yes** ☐**No** Do you frequently suffer from stress?
☐**Yes** ☐**No** Do you have diabetes?
☐**Yes** ☐**No** Do you experience frequent headaches?
☐**Yes** ☐**No** Are you pregnant? (If yes, complete box below)
☐**Yes** ☐**No** Do you suffer from arthritis?
☐**Yes** ☐**No** Are you wearing contact lenses?
☐**Yes** ☐**No** Are you wearing dentures?
☐**Yes** ☐**No** Do you have high blood pressure?
☐**Yes** ☐**No** Are you taking blood pressure medication?
☐**Yes** ☐**No** Do you suffer from epilepsy or seizures?
☐**Yes** ☐**No** Do you suffer from joint swelling?
☐**Yes** ☐**No** Do you have varicose veins?
☐**Yes** ☐**No** Do you have any contagious diseases?
☐**Yes** ☐**No** Do you have osteoporosis?
☐**Yes** ☐**No** Do you have any allergies?

☐**Yes** ☐**No** Do you bruise easily?
☐**Yes** ☐**No** Any broken bones in the past two years?
☐**Yes** ☐**No** Any injuries in the past two years?
☐**Yes** ☐**No** Do you have tension or soreness in a specific area? Please specify: _____
_____
☐**Yes** ☐**No** Do you have cardiac or circulatory problems?
☐**Yes** ☐**No** Do you suffer from back pain?
☐**Yes** ☐**No** Do you have numbness or stabbing pains?
☐**Yes** ☐**No** Are you sensitive to touch or pressure in any area?
☐**Yes** ☐**No** Have you ever had surgery? Explain below.
☐**Yes** ☐**No** Other medical condition or are you taking any medications I should know about? (See page 2)

Comments: _____

Prenatal clients:

Prenatal Care Provider/Doctor _____ Telephone _____

May I have permission to contact your care provider? _____

My due date is _____.

This is my _____ (1st, 2nd, etc.) pregnancy. This will be my _____ (number 1st, 2nd…) birth.

I am _____ (number) weeks pregnant in my _____ (1st, 2nd, 3rd) trimester.

CLIENT HEALTH HISTORY

Please list all medications & vitamins/supplements you're currently taking:

Name of Medication Reason:

_____

_____

_____

_____

_____

Please check all that apply to you:

__ Auto Immune Disorders
e.g. Lupus, MS, etc.
__ Acid Reflux/Gas
__ Allergies
__ Asthma
__ Back Pain
__ Cancers/Tumors
__ Carpel Tunnel Syndrome
__ Constipation
__ Irritable Bowel/Colitis/Crohn's
__ Depression/Anxiety
__ Fatigue/Insomnia
__ Fibromyalgia
__ Heart Disease
__ Low Immune System
__ Muscle Aches/Cramping
__ Prostate/Frequent Urination
__ Skin Disorders
__ Vertigo/Dizziness
__ Weight Management

I understand that the massage/bodywork I receive is provided for the basic purpose of reduction and relief of muscular tension. 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 or bodywork should not be constructed 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. Massage/ bodywork should not be performed under certain medical conditions; I affirm that I have stated all my known medical conditions and answered all of the questions honestly. I agree to keep the practitioner updated as to the 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.

Client Signature _____ Date _____

Practitioner Signature _____ Date _____

Consent to Treatment of Minor: By my signature below, I hereby authorize _____ to administer massage, bodywork, or somatic therapy techniques to my child or dependent as they deem necessary.

Signature of parent or guardian _____ Date _____