

**Client Intake Form**

**Personal Information**

First Name: \_\_\_\_\_ Last Name(s): \_\_\_\_\_

Preferred Name(s): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Occupation: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email Address: \_\_\_\_\_

How did you hear about us? Who referred you? \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Relationship to you: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_

**Massage Experience**

Have you had a professional massage before?  Yes  No

• If yes, what types of massage have you had?  Swedish  Deep tissue  Other: \_\_\_\_\_

How long have you been receiving massage therapy? \_\_\_\_\_ Frequency of massages? \_\_\_\_\_

What are your goals for treatment? \_\_\_\_\_

\_\_\_\_\_

**Current Health**

Do you exercise regularly and/or participate in any sports?  Yes  No

• If yes, what kind of exercise/sports? \_\_\_\_\_

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

• If yes, describe: \_\_\_\_\_

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

• If yes, describe: \_\_\_\_\_

Do you experience stress in your work, family, or other aspect of your life?  Yes  No

• If yes, describe: \_\_\_\_\_

Are you experiencing tension, stiffness, discomfort or pain?  Yes  No

• If yes, describe: \_\_\_\_\_

Have you recently had an injury, surgery, or areas of inflammation?  Yes  No

• If yes, describe: \_\_\_\_\_

Do you have sensitive skin?  Yes  No

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

• If yes, please explain: \_\_\_\_\_

List any known allergies: \_\_\_\_\_

Have you recently had a tattoo or piercing?  Yes  No If yes, please explain: \_\_\_\_\_

List any medications you are currently taking: \_\_\_\_\_

### Health History

#### Musculoskeletal

- Bone or joint disease
- Tendonitis/Bursitis
- Arthritis/Gout
- Jaw Pain (TMJ)
- Lupus
- Spinal Problems
- Migraines/Headaches
- Osteoporosis

#### Circulatory

- Heart Condition
- Phlebitis/Varicose Veins
- Blood Clots
- High/Low Blood Pressure
- Lymphedema
- Thrombosis/Embolism

#### Respiratory

- Breathing Difficulty/Asthma
- Emphysema
- Allergies, specify:
- Sinus Problems

#### Nervous System

- Shingles
- Numbness/Tingling
- Pinched Nerve
- Chronic Pain
- Paralysis
- Multiple Sclerosis
- Parkinson's Disease

#### Psychological

- Anxiety/Stress Syndrome
- Depression

#### Skin

- Allergies, specify:
- Rashes
- Cosmetic Surgery
- Athlete's Foot
- Herpes/Cold Sores

#### Digestive

- Irritable Bowel Syndrome
- Bladder/Kidney Ailment
- Colitis
- Crohn's Disease
- Ulcers

#### Reproductive

- Pregnant, stage: \_\_\_\_\_
- Ovarian/Menstrual Problems
- Prostate

#### Other

- Cancer/Tumors
- Diabetes
- Drug/Alcohol/Tobacco Use
- Contact Lenses
- Dentures
- Hearing Aids

Any other medical condition(s) not listed:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please explain any of the conditions that you have marked above:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Client Agreement

It is my choice to receive massage therapy. I am aware of the benefits and risks of massage and give my consent for massage. I understand that there is no implied or stated guarantee of success or effectiveness of individual techniques or series of appointments. I acknowledge that massage therapy is not a substitute for medical care, medical examination or diagnosis. I have stated all medical conditions that I am aware of and will inform my practitioner of any changes in my health status. I am responsible for all charges for all service provided at the time of service. I understand that my fee for service today is: \_\_\_\_\_.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent or legal guardian (if client is a minor)