



### Client Information

Name: first \_\_\_\_\_ last \_\_\_\_\_

Preferred/Nickname \_\_\_\_\_

Pronouns (she/her) (he/him) (they/them) other: \_\_\_\_\_

Email \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Occupation \_\_\_\_\_

Date of Birth \_\_\_\_\_

### Emergency Contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

### How did you hear about us?

Google | Facebook | Yelp | Newspaper

Other (please specify) \_\_\_\_\_

I was referred by a friend \_\_\_\_\_

It is one of our highest priorities to keep your contact information and medical history absolutely private and confidential. We will not share any of this information, or any of the work that we do during your massage, with anyone, without either a subpoena or without your written consent.

Therefore, it is important that you are as detailed as possible so that we know what contraindications and accommodations need to be made in order to provide a safe and comfortable massage.

You may use the back of this form for additional information that you wish to provide.

Please sign and date this form, stating that the information you have provided is correct to the best of your knowledge.

### Health History

Please list any medications you are currently taking:

Please list any allergies you have:

Please circle/highlight any conditions you currently have, or have had in the past:

- |                                      |                     |                          |
|--------------------------------------|---------------------|--------------------------|
| Arthritis                            | Fibromyalgia        | Skin condition           |
| Bruise easily                        | Fungus              | Stiff neck               |
| Burstis                              | Grinding teeth      | Stroke                   |
| Cancer                               | Headaches           | Swollen ankles           |
| Carpal Tunnel                        | High blood pressure | Thoracic Outlet Syndrome |
| Chronic Fatigue Syndrome             | Leg/foot cramps     | Ticklish feet            |
| Cold hands or feet                   | Loss of grip        | TMJ                      |
| Diabetes                             | Migraines           | Whiplash                 |
| Disk/Vertebrae problems              | Sciatica            |                          |
| Loss of movement   where?            | _____               |                          |
| Numbness/Tingling   where?           | _____               |                          |
| Pain with coughing/sneezing   where? | _____               |                          |
| Pain with lifting/bending   where?   | _____               |                          |
| Pain with movement   where?          | _____               |                          |
| Pregnant   due date                  | _____               |                          |
| Surgery                              | _____               |                          |
- areas and dates

Signature

Date