

Personal Health History

 Name

 Date

 Address

 Referred by

 Email

 Date of Last Massage

 Day Ph

 Evening Ph

 How often do you receive massage?

 Mobile Ph

 Date of Birth

 Goals for massage sessions:

 Emergency Contact

 Ph

Check all that apply:

Musculoskeletal

- Low back, hip or leg pain
- Neck, shoulder, arm pain
- Headaches/head injuries
- Spasms or cramps
- Jaw pain/TMJ problems
- Sprains/Strains
- Tendinitis
- Bursitis
- Broken/Fractured bones
- Bone or joint disease
- Arthritis (RA, osteo, etc)
- Lupus
- Fibromyalgia
- Other muscular/skeletal

Circulatory/Respiratory

- Heart condition
- Varicose veins
- Blood clots
- Aneurysm
- Phlebitis
- High blood pressure
- Low blood pressure
- Lymphedema
- Breathing difficulties
- Sinus problems
- Allergies
- Other circulatory/respiratory

Skin

- Allergies
- Rashes
- Acne
- Athletes foot
- Warts
- Bruises
- Other skin conditions
- Gastrointestinal**
- Diverticulitis
- Irritable bowel syndrome
- Constipation
- Gas/bloating
- Eating disorder
- Other GI problems

Nervous/Endocrine

- Chronic pain
- Fatigue
- Sleeping disorder
- Numbness/tingling
- Herpes/shingles
- Diabetes
- Thyroid problems
- Other**
- Cancer/tumors
- Hernia
- Caffeine addiction
- Nicotine addiction
- Drug/alcohol addiction
- Infections disease(s)
- Other (explain below)

Please elaborate on items checked above. Include brief history of surgeries, severe illnesses and accidents (include year and treatment).

List current medications (include over-the-counter, i.e. aspirin, etc.)

Note relaxation and exercise activities and frequency

How do you generally feel? Are there areas where stress appears?

Release: I understand that my appointment time is reserved exclusively for me. I agree to provide 24 hours notice of cancellation or pay for the missed appointment. I have provided all pertinent information of which I am aware at this time. If conditions change, I understand that it is my responsibility to update the massage therapist. I understand that all information provided is confidential. I understand that massage therapists do not diagnose or prescribe treatments for neither physical nor mental disorders, prescribe pharmaceuticals, nor perform spinal thrust manipulations.

 Signature

 Date