

Intake form

Personal Information

Name: _____ Gender (circle one): MALE/FEMALE/NA
Daytime Phone #: _____ Evening Phone #: _____ Best time to call: _____
Address: _____
City _____ State: _____ Zip: _____
Email: _____ Date of Birth: _____
Occupation: _____ Employer: _____
Emergency Contact: _____ Phone: _____
Address: _____ City _____ State: _____ Zip: _____
How did you hear about me? / Referred by: _____

Client Policy Statement

- **What to expect in a session:** During the first session, client history, physical assessment, policy and procedures and client expectations will be discussed. Goals for the massage session will be agreed upon. Let the therapist know if massage of the face, scalp, glutes, stomach or any other specific area will be a concern; techniques can be modified or skipped all together. In this partnership, it is important that both client and therapist feel comfortable at all times. Also, feedback to the therapist about your comfort level, i.e.: pressure of strokes, lighting, music, warmth, etc., is important.
- **Hygiene:** Good hygiene is required! We will be in close proximity to each other, where body odors will be very noticeable. There are several other "health" reasons for this, including limiting the spread of illness and disease, both from one person to another and also from one area of a client to another area of the client. One of the benefits of massage is that it has a detoxifying effect, and there may be secretions and excretions that your body will do during a massage. Because it is unhealthy to mix these excretions with debris, dirt, and whatever other foreign matter may be on your skin and rubbing the mixture back into the pores and cells of the body, it is important to be clean. If the massage therapist does not feel the massage will be healthy as a result of uncleanliness, the session may be cancelled.
- **Consuming Food and Liquids:** A client under the influence of alcohol or recreational drugs will not receive bodywork. It is recommended that you wait at least an hour after eating when scheduling a bodywork session, especially if there will be abdominal work done. However, it is very important to drink plenty of water before and after your massage session, as it will aid in the detoxification process.
- **Confidentiality:** Everything communicated during a session and all personal client information is held completely confidential. Client's records are available for their review upon request. However, the massage therapist may be required to release a client's records to the client's doctor with your permission or under a court order. Anyone under the age of 18 will not be seen without a parent or guardian present in the therapy room.
- **Contraindications:** Based on the health information, there may be some conditions that the therapist may decide are general or local contraindications or may need a physician's consent before performing bodywork on a client. If physician's consent is given, the therapist may call the physician for clarification of a client's conditions. Should the Massage Therapist or the client contract a contagious disease that could be spread during the massage session (cold, flu, other droplet or airborne infections), each will inform the other. The decision to reschedule will be handled in a case by case fashion.

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- **Modalities:** In most cases, some Swedish and Deep Tissue massage techniques will be used during your session. Depending upon the initial consultation and current needs, other modalities such as Cupping, Fascial Alignment and CranioSacral Therapy may be suggested and implemented. If the client experiences any pain or discomfort during the session, the therapist should be informed immediately so that the pressure and/or strokes may be adjusted to a comfortable level. Each session will be documented, charting the client's progress and bodywork modality preferences.
- **Draping:** Partial or full disrobing is recommended for your massage session. At all times attention to proper draping and appropriateness is maintained by the use of sheets and towels. The genital area will not be massaged under any circumstances. However, work may be done close to this area only if permission has been given, otherwise a professional distance will be maintained. Sexual interaction or discussion of any kind, between the client and the massage therapist is NOT tolerated. The session will be ended immediately and the client will not be rescheduled or referred to another Massage Therapist. It is also asked that you respect the therapist by maintaining appropriate coverage outside the therapy session.
- **Possible Responses to treatment:** Responses to bodywork are as varied as the people getting the bodywork! In general, the purpose of massage is to increase circulation in blood and lymph, tonify muscles and skin, increase joint range of motion, increase body awareness and improve overall health and promote feelings of wellbeing. However, depending on the depth of tissue work performed, there may be some soreness after the session. It is also normal to have some degree of emotional release with bodywork. If the client needs more time in a certain area or just need a minute without touch, let the therapist know.
- **Fees:** Fees are due at the time of service. Only cash or checks are accepted at this time. If you need to cancel or reschedule, please give at least 24 hours of notice. Fees are listed on a separate payment schedule.
- **Right of refusal:** Your therapist reserves the right to refuse service with disclosure as to the cause. When possible, you will receive a reference to another practitioner.

Informed Consent

I understand that the massage I receive is provided for the basic purpose of relaxation, stress reduction, relief of muscular tension, decreasing pain, fascial release, and structural improvement. If I experience any pain or discomfort during this session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician or other qualified medical specialist for any mental or physical ailment that I am aware of. I understand that massage therapists are not qualified to 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. Because massage should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions and answered all questions honestly. I agree to keep the therapist updated as to any changes in my medical profile and understand that there shall be no liability on the therapist's part should I fail to do so.

Signature of client _____ Date: _____

Signature of Massage Therapist _____ Date: _____