

# **Client Intake Form for Maxie Foster LE, LMT, CCMT**

## **Client Contact Information**

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Referred by: \_\_\_\_\_  
Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

## **Massage Information**

Have you ever received professional massage/bodywork before? Yes  No

How recently? \_\_\_\_\_

What types of massage/bodywork do you prefer? \_\_\_\_\_

What kind of pressure do you prefer? Light      Medium      Firm

Are you wearing contacts? Yes  No

Are you pregnant? Yes  No

What are your goals/expected outcomes for receiving massage/bodywork?

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How do you feel today? \_\_\_\_\_

Please List the areas of your body you would like me to focus on.

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Please list any areas of the body you do **NOT** want massaged. Breast massage of a female, or genital massage of either gender will **NOT** be performed. Modest draping with a full sheet and blanket will be used during the entire session unless otherwise agreed to by both you (client) and myself (therapist).

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## **Health History**

Have you had any injuries or surgeries in the past which may influence today's treatment?

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Circle any of the following health conditions that you currently have (If you are unsure, please ask): Please answer honestly as some conditions may be contraindicated for massage.

**blood clots, infections, congestive heart failure, contagious diseases, pitted edema**

Please list the medications you currently take:

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**Please indicate conditions that you have or have had in the past. Explain in detail, including treatment received:**

Current	Past	Muscle or joint pain _____
Current	Past	Muscle or joint stiffness _____
Current	Past	Numbness or tingling _____
Current	Past	Swelling _____
Current	Past	Bruise easily _____
Current	Past	Sensitive to touch/pressure _____
Current	Past	High/Low blood pressure _____
Current	Past	Stroke, heart attack _____
Current	Past	Varicose veins _____
Current	Past	Shortness of breath, asthma _____
Current	Past	Cancer _____
Current	Past	Neurological (e.g. MS, Parkinson's, chronic pain) _____
Current	Past	Epilepsy, seizures _____
Current	Past	Headaches, Migraines _____
Current	Past	Dizziness, ringing in the ears _____
Current	Past	Digestive conditions (e.g. Crohn's, IBS) _____
Current	Past	Gas, bloating, constipation _____
Current	Past	Kidney disease, infection _____
Current	Past	Arthritis (rheumatoid, osteoarthritis) _____
Current	Past	Osteoporosis, degenerative spine/disk _____
Current	Past	Scoliosis _____
Current	Past	Broken bones _____
Current	Past	Allergies _____
Current	Past	Diabetes _____
Current	Past	Endocrine/thyroid conditions _____
Current	Past	Depression, anxiety _____
Current	Past	Memory Loss, confusion, easily overwhelmed _____

**Comments or Concerns:**

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**Consent for Treatment**

This is a Swedish massage that includes variations of trigger point, deep tissue, and sports massage. If any other techniques or services are performed a separate addendum will be required to be completed. 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. Both myself and the therapist have the right to immediately end the session if uncomfortable at any time during the session. I further understand that massage/bodywork should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician, chiropractor, or another 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. Because massage/bodywork 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 practitioner updated as to any 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. Understanding all of this, I give my consent to receive care.

**Client Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Parent or Guardian Signature (in case of a minor):** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Therapist Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



**MEMBER**  
Associated Bodywork & Massage Professionals