

Massage Therapist _____

HEALTH REPORT-F

Client Name _____ Date _____

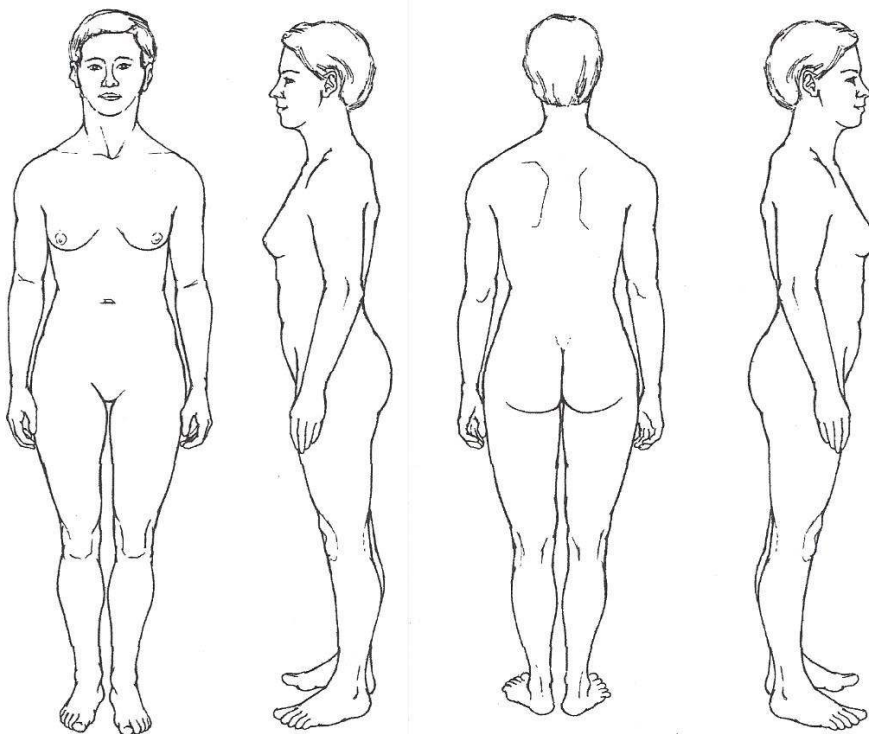
Date of Injury _____ ID#/DOB _____

A. Draw today's symptoms on the figures.

1. Identify CURRENT symptomatic areas in your body by marking letters on the figures below.
Use the letters provided in the key to identify the symptoms you are feeling today.
2. Circle the area around each letter, representing the size and shape of each symptom location.

Key

P = pain or tenderness
S = joint or muscle stiffness
N = numbness or tingling



B. Identify the intensity of your symptoms.

1. Pain Scale: Mark a line on the scale to show the amount of pain you are experiencing today.

No Pain |-----| Unbearable Pain

2. Activities Scale: Mark a line on the scale to show the limitations you are experiencing today in your daily activities.

Can Do Anything I Want |-----| Cannot Do Anything

C. Comments

Signature _____ Date _____

Massage Therapist

WELLNESS CHART-F

Name _____ ID#/DOB _____ Date _____

Phone _____ Address _____

1. What are your goals for health, and how may I assist you in achieving your goals? _____

2. List typical daily activities—work, exercise, home. _____

3. Are you currently experiencing any of the following? If yes, please explain.

pain, tenderness	<input type="checkbox"/> No <input type="checkbox"/> Yes: _____	stiffness	<input type="checkbox"/> No <input type="checkbox"/> Yes: _____
numbness or tingling	<input type="checkbox"/> No <input type="checkbox"/> Yes: _____	swelling	<input type="checkbox"/> No <input type="checkbox"/> Yes: _____
allergies	<input type="checkbox"/> No <input type="checkbox"/> Yes: _____		

4. List all illnesses, injuries, and health concerns you have now or have had in the past 3 years.
(Examples: arthritis, diabetes, car crash, pregnancy) _____

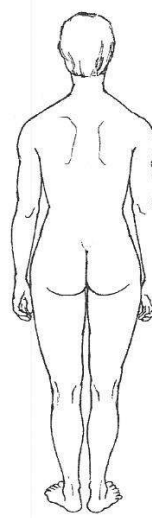
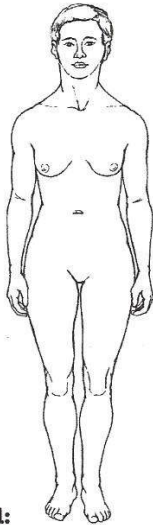
5. List medications and pain relievers taken this week. _____

6. I have provided all my known medical information. I acknowledge that massage therapy is not a substitute for medical diagnosis and treatment. I give my consent to receive treatment.

Signature _____ Date _____

Tx: _____

C: _____



Legend:

⊙ TP	• TeP	○ ⊕	* Infl	≡ HT	≈ SP	initials _____
× Adh	≡ Numb	⊙ rot	/ elev	> Short	↔ Long	

Massage Therapist _____

HEALTH INFORMATION

Client Name _____ Date _____

Date of Injury _____ ID#/DOB _____

A. Client Information

Address _____

City _____ State _____ Zip _____

Phone: Home _____

Work _____ Cell _____

Employer _____

Work Address _____

Occupation _____

Emergency Contact _____

Phone: Home _____

Work _____ Cell _____

Primary Health Care Provider

Name _____

Address _____

City/State/Zip _____

Phone: _____ Fax _____

I give my massage therapist permission to consult with my health care providers regarding my health and treatment.

Comments _____

Initials _____ Date _____

B. Current Health Information

List Health Concerns Check all that apply

Primary _____

☐ mild ☐ moderate ☐ disabling

☐ constant ☐ intermittent

☐ symptoms ↑ w/activity ☐ ↓ w/activity

☐ getting worse ☐ getting better ☐ no change

treatment received _____

Secondary _____

☐ mild ☐ moderate ☐ disabling

☐ constant ☐ intermittent

☐ symptoms ↑ w/activity ☐ ↓ w/activity

☐ getting worse ☐ getting better ☐ no change

treatment received _____

Additional _____

☐ mild ☐ moderate ☐ disabling

☐ constant ☐ intermittent

☐ symptoms ↑ w/activity ☐ ↓ w/activity

☐ getting worse ☐ getting better ☐ no change

treatment received _____

List Daily Activities Limited by Condition

Work _____

Home/Family _____

Sleep/Self-care _____

Social/Recreational _____

List Self-Care Routines

How do you reduce stress? _____

Pain? _____

List current medications (include pain relievers and herbal remedies) _____

Have you ever received massage therapy before? _____ Frequency? _____

What are your goals for receiving massage therapy? _____

C. Health History

List and Explain. Include dates and treatment received.

Surgeries _____

Injuries _____

Major Illnesses _____

Check All Current and Previous Conditions Please Explain

General

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	headaches _____
<input type="checkbox"/>	<input type="checkbox"/>	pain _____
<input type="checkbox"/>	<input type="checkbox"/>	sleep disturbances _____
<input type="checkbox"/>	<input type="checkbox"/>	fatigue _____
<input type="checkbox"/>	<input type="checkbox"/>	infections _____
<input type="checkbox"/>	<input type="checkbox"/>	fever _____
<input type="checkbox"/>	<input type="checkbox"/>	sinus _____
<input type="checkbox"/>	<input type="checkbox"/>	other _____

Skin Conditions

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	rashes _____
<input type="checkbox"/>	<input type="checkbox"/>	athlete's foot, warts _____
<input type="checkbox"/>	<input type="checkbox"/>	other _____

Muscles and Joints

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	rheumatoid arthritis _____
<input type="checkbox"/>	<input type="checkbox"/>	osteoarthritis _____
<input type="checkbox"/>	<input type="checkbox"/>	osteoporosis _____
<input type="checkbox"/>	<input type="checkbox"/>	scoliosis _____
<input type="checkbox"/>	<input type="checkbox"/>	broken bones _____
<input type="checkbox"/>	<input type="checkbox"/>	spinal problems _____
<input type="checkbox"/>	<input type="checkbox"/>	disk problems _____
<input type="checkbox"/>	<input type="checkbox"/>	lupus _____
<input type="checkbox"/>	<input type="checkbox"/>	TMJ, jaw pain _____
<input type="checkbox"/>	<input type="checkbox"/>	spasms, cramps _____
<input type="checkbox"/>	<input type="checkbox"/>	sprains, strains _____
<input type="checkbox"/>	<input type="checkbox"/>	tendonitis, bursitis _____
<input type="checkbox"/>	<input type="checkbox"/>	stiff or painful joints _____
<input type="checkbox"/>	<input type="checkbox"/>	weak or sore muscles _____
<input type="checkbox"/>	<input type="checkbox"/>	neck, shoulder, arm pain _____
<input type="checkbox"/>	<input type="checkbox"/>	low back, hip, leg pain _____
<input type="checkbox"/>	<input type="checkbox"/>	other _____

Nervous System

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	head injuries, concussions _____
<input type="checkbox"/>	<input type="checkbox"/>	dizziness, ringing in ears _____
<input type="checkbox"/>	<input type="checkbox"/>	loss of memory, confusion _____
<input type="checkbox"/>	<input type="checkbox"/>	numbness, tingling _____
<input type="checkbox"/>	<input type="checkbox"/>	sciatica, shooting pain _____
<input type="checkbox"/>	<input type="checkbox"/>	chronic pain _____
<input type="checkbox"/>	<input type="checkbox"/>	depression _____
<input type="checkbox"/>	<input type="checkbox"/>	other _____

Respiratory, Cardiovascular

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	heart disease _____
<input type="checkbox"/>	<input type="checkbox"/>	blood clots _____
<input type="checkbox"/>	<input type="checkbox"/>	stroke _____
<input type="checkbox"/>	<input type="checkbox"/>	lymphadema _____
<input type="checkbox"/>	<input type="checkbox"/>	high, low blood pressure _____
<input type="checkbox"/>	<input type="checkbox"/>	irregular heart beat _____
<input type="checkbox"/>	<input type="checkbox"/>	poor circulation _____
<input type="checkbox"/>	<input type="checkbox"/>	swollen ankles _____
<input type="checkbox"/>	<input type="checkbox"/>	varicose veins _____
<input type="checkbox"/>	<input type="checkbox"/>	chest pain, shortness of breath _____
<input type="checkbox"/>	<input type="checkbox"/>	asthma _____

Allergies

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	scents, oils, lotions _____
<input type="checkbox"/>	<input type="checkbox"/>	detergents _____
<input type="checkbox"/>	<input type="checkbox"/>	other _____

Digestive/Elimination System

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	bowel problems _____
<input type="checkbox"/>	<input type="checkbox"/>	gas, bloating _____
<input type="checkbox"/>	<input type="checkbox"/>	bladder/kidney/prostrate _____
<input type="checkbox"/>	<input type="checkbox"/>	abdominal pain _____
<input type="checkbox"/>	<input type="checkbox"/>	other _____

Endocrine System

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	thyroid _____
<input type="checkbox"/>	<input type="checkbox"/>	diabetes _____

Reproductive System

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	pregnancy _____
<input type="checkbox"/>	<input type="checkbox"/>	painful, emotional menses _____
<input type="checkbox"/>	<input type="checkbox"/>	fibrotic cysts _____

Cancer/Tumors

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	benign _____
<input type="checkbox"/>	<input type="checkbox"/>	malignant _____

Habits

current	past	comments
<input type="checkbox"/>	<input type="checkbox"/>	tobacco _____
<input type="checkbox"/>	<input type="checkbox"/>	alcohol _____
<input type="checkbox"/>	<input type="checkbox"/>	drugs _____
<input type="checkbox"/>	<input type="checkbox"/>	coffee, soda _____

Contract for Care

I promise to participate fully as a member of my health care team. I will make sound choices regarding my treatment plan based on the information provided by my massage therapist and other members of my health care team, and my experience of those suggestions. I agree to participate in the self care program we select. I promise to inform my practitioner any time I feel my well-being is threatened or compromised. I expect my massage therapist to provide safe and effective treatment.

Consent for Care

It is my choice to receive massage therapy, and I give my consent to receive treatment. I have reported all health conditions that I am aware of and will inform my practitioner of any changes in my health.

Signature _____ Date _____