

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Date of Injury \_\_\_\_\_ ID#/DOB \_\_\_\_\_

**A. Patient 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 manual 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 manual therapist to provide safe and effective treatment.

## Consent for Care

It is my choice to receive manual 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 \_\_\_\_\_

Manual Therapist

## WELLNESS CHART

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) \_\_\_\_\_

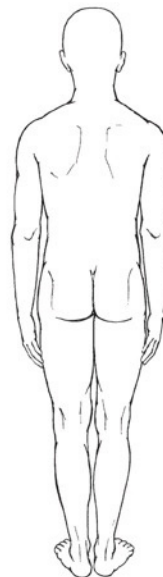
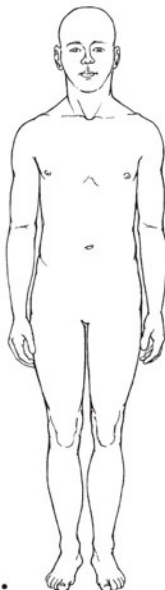
5. List medications and pain relievers taken this week. \_\_\_\_\_

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	

Manual 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) \_\_\_\_\_

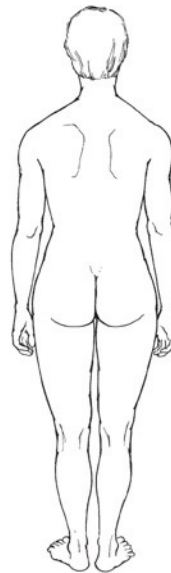
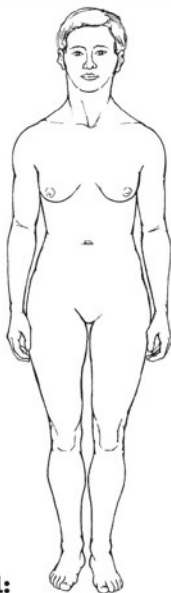
5. List medications and pain relievers taken this week. \_\_\_\_\_

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	○ P	* Infl	≡ HT	≈ SP	initials _____
× Adh	≡ Numb	↻ rot	/ elev	>< Short	↔ Long	



Manual Therapist

## WELLNESS CHART-M

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) \_\_\_\_\_

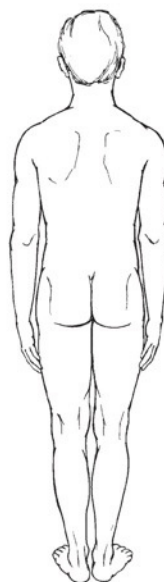
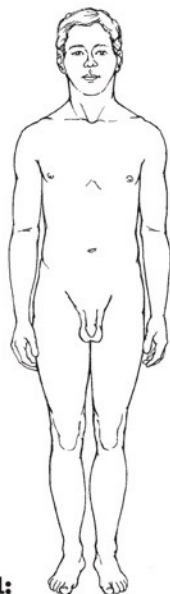
5. List medications and pain relievers taken this week. \_\_\_\_\_

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	○ P	* Infl	≡ HT	≈ SP	initials _____
× Adh	≡ Numb	↻ rot	/ elev	↔ Short	↔ Long	