

Massage Health History Form

The information requested below will assist us in providing you with safe treatments. Please ask your therapist if you have any questions about the information being requested. All information provided below will be kept as confidential unless allowed or required by law. Your written permission will be required to release any information.

Client Information

Name _____ Email _____
Phone (cell/day) _____ DOB _____ Age: _____
Address _____ City/State/Zip _____
Emergency Contact Name _____ Phone _____ Relationship _____
Occupation _____ Referred by: _____

Health Information

Anxiety / stress	☐ yes ☐ no	Muscle weakness	☐ yes ☐ no
Bleeding disorder	☐ yes ☐ no	Neuropathy	☐ yes ☐ no
Blood clot	☐ yes ☐ no	Osteoarthritis	☐ yes ☐ no
Bruise easily	☐ yes ☐ no	Osteoporosis	☐ yes ☐ no
Bursitis	☐ yes ☐ no	Phlebitis/varicose veins	☐ yes ☐ no
Cancer / tumor	☐ yes ☐ no	Rheumatoid arthritis	☐ yes ☐ no
Depression	☐ yes ☐ no	Sciatica	☐ yes ☐ no
Diabetes	☐ yes ☐ no	Seizures	☐ yes ☐ no
Fibromyalgia	☐ yes ☐ no	Stroke / CVA	☐ yes ☐ no
Hearing loss	☐ yes ☐ no	Tuberculosis	☐ yes ☐ no
High blood pressure	☐ yes ☐ no	Tendinitis	☐ yes ☐ no
Low blood pressure	☐ yes ☐ no	TMJ disorder	☐ yes ☐ no
Kidney disease	☐ yes ☐ no	Vertigo / dizziness	☐ yes ☐ no
Multiple sclerosis	☐ yes ☐ no	Vision impairment	☐ yes ☐ no

Notes: _____

Any skin conditions? ☐ yes ☐ no _____

Neurological conditions? ☐ yes ☐ no _____

Heart condition? ☐ yes ☐ no _____

Autoimmune disorder? ☐ yes ☐ no _____

Digestive problem? ☐ yes ☐ no _____

Endocrine disorder? ☐ yes ☐ no _____

Respiratory disorder? ☐ yes ☐ no _____

Areas of swelling? ☐ yes ☐ no _____

Frequent headaches? ☐ yes ☐ no _____

Areas of numbness or decreased sensation? _____

Full editable and print-ready versions available at mblexguide.com/massage-forms-bundle >>

Any allergies or hypersensitivities? (oils, lotions, nuts, fruits, skin, etc.) ☐ yes ☐ no _____

Are you pregnant? ☐ yes ☐ no If yes, how many months: _____ Due date: _____

History of joint replacement surgery? ☐ yes ☐ no Which joint(s) ? _____

Any implants? (e.g. pacemaker, insulin pump, metal) ☐ yes ☐ no What, where? _____

Are you currently under medical supervision or receiving other medical interventions?

If yes, please describe: _____

Recent injuries or medical procedures in the past 2 years? ☐ yes ☐ no Please describe: _____

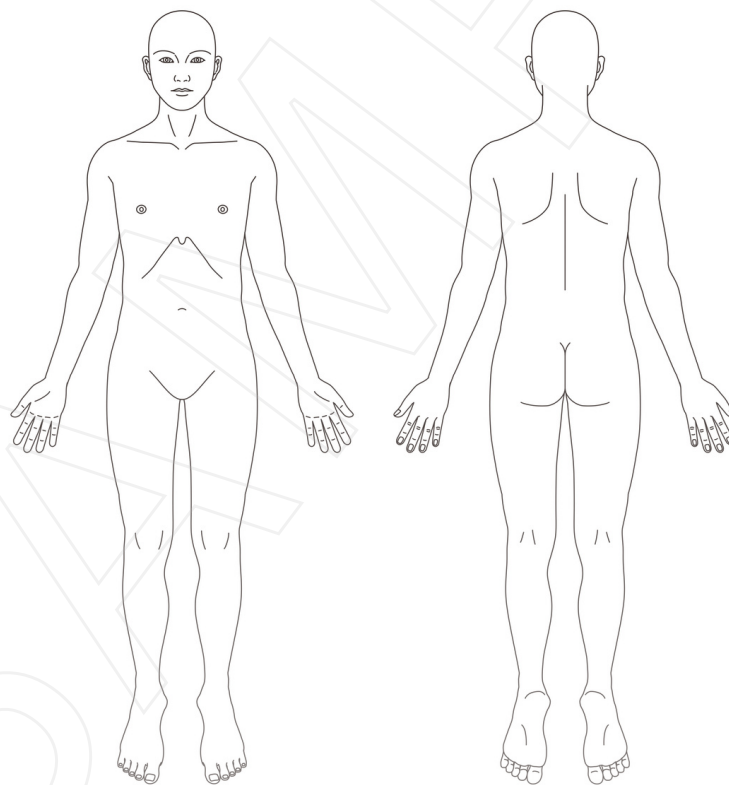
Please describe any other injuries or health conditions: _____

Have you had professional massage before? ☐ yes ☐ no How recently? _____

Reason for seeking massage: ☐ Relaxation ☐ Specific problem _____

How much pressure do you prefer? ☐ Light ☐ Medium ☐ Firm

Please indicate any areas of pain or discomfort



Full editable and print-ready versions available at mblexguide.com/massage-forms-bundle >>