

## *Body Therapy for the Soul Intake Form*

Please fill out all information as accurately and thoroughly as possible.

It is the better that you give us what you consider too much information, rather than not give us enough information.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone # Cell: \_\_\_\_\_ Date: of Birth: \_\_\_\_\_

Occupation: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_ Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Have you ever received professional massage or bodywork before:

\_\_\_\_\_

Have you ever received massage therapy/body therapy? \_\_\_\_\_ Yes \_\_\_\_\_ No

Type of massage experienced (Swedish, shiatsu, deep tissue, cupping, myo-fascia release etc.) \_\_\_\_\_

What (specifically) would you like to receive from your appointment today?

\_\_\_\_\_

Would you like me to focus on or target any specific areas today?

\_\_\_\_\_

Would you like me to stay away avoid from any specific areas?

\_\_\_\_\_

## **HEALTH INFORMATION**

*Are you or have you ever had any of the following conditions (Please check yes or no).*

Please circle your stress level:

Low 1 2 3 4 5 High

Are you allergic to anything? \_\_\_\_\_

Lotions or Oils? \_\_\_\_ Yes \_\_\_\_ No

Please Explain: \_\_\_\_\_

**Check the following conditions that apply to you, past and present. Please add your comments to clarify the condition.**

### **Muscular-Skeletal**

- Headaches
- Joint stiffness/swelling
- Spasms/cramps
- Broken/Fractured bones
- Strains/Sprains
- Back, hip pain
- Shoulder, neck, arm, hand pain
- Leg, foot pain
- Chest, ribs, abdominal pain
- Problems walking
- Jaw pain/TMJ
- Tendonitis
- Bursitis
- Arthritis
- Osteoporosis
- Scoliosis
- Other: \_\_\_\_\_

### **Circulator/Respiratory**

- Dizziness
- Shortness of breathe
- Fainting
- Cold feet or hands
- Cold sweats
- Stroke
- Heart condition
- Allergies
- Asthma
- High blood pressure
- Low blood pressure
- Other: \_\_\_\_\_

### **Digestive**

- Indigestion
- Constipation
- Intestinal gas/bloating
- Diarrhea
- Irritable bowel syndrome
- Crohn's Disease
- Colitis
- Other: \_\_\_\_\_

### **Nervous System**

- Numbness/tingling
- Fatigue
- Sleep disorders
- Ulcers
- Paralysis
- Herpes/shingles
- Cerebral Palsy
- Epilepsy
- Chronic Fatigue Syndrome
- Multiple Sclerosis
- Muscular Dystrophy
- Parkinson's disease
- Other: \_\_\_\_\_

### **Reproductive System**

- Pregnancy

### **Skin**

- Rashes
- Allergies
- Athlete's foot
- Acne
- Impetigo
- Hemophilia

### **Other**

- Loss of Appetite
- Depression
- Difficulty concentrating
- Hearing Impaired
- Visually Impaired
- Diabetes
- Fibromyalgia
- Post/Polio Syndrome
- Cancer
- Tuberculosis
- Other: \_\_\_\_\_

Are you currently suffering from pain related to traumatic experience (i.e.: car accident, sports injuries, surgeries) Y / N

If yes, briefly explain (what and when): \_\_\_\_\_

Are you currently taking any medications or supplements (prescription and non-prescription) Y / N, If yes list names &

Dosage of all medications: \_\_\_\_\_

**I attest that the above information is true and accurate to the best of my knowledge**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Therapists Initials: \_\_\_\_\_

## **Cancellation Policy**

We appreciate that you've chosen us for your massage and bodywork needs. To provide the best service possible to our clients we have implemented the following policies.

### **Cancellation Policy**

We respectfully ask that you provide us with a **24 hour notice of any schedule changes or cancellation requests**. Calling the office at 636-724-5058 to cancel or reschedule. Please understand that when you cancel or miss your appointment without providing a 24 hour notice we are often unable to fill that appointment time. This is an inconvenience to your therapist and also means our other clients miss the chance to receive services they need. **For this reason, you will be charged for the full amount for your service**. You will be notified if a charge to your credit will take place. We also reserve the right to require a credit card on file or upfront payment of the session to be given to book future appointments so that appropriate fees may be charged if a late cancellation does occur. Inclement weather may also result in the need for late cancellations. We will do our best to give advanced notice if we are closing or need to cancel due to bad weather and we ask you to do the same. Please do not risk your own safety trying to make your appointment. Late cancellation due to emergency, illness, or inclement weather will generally not result in any missed session charges, but this is determined on a case-by-case basis

### **No Call No Show's**

anyone who either forgets or consciously chooses to forgo their appointment for whatever reason will be considered a "no-show." They will be charged for their "missed" appointment.

### **Late Arrival Policy**

We request that you arrive 10 minutes prior to your appointment time. We understand that issues can arise that may cause you to be late for your appointment. However, we ask that you call to inform us if this ever occurs so we can do our best to accommodate you. Appointment times are reserved for each client, so oftentimes we cannot exceed that reserved time without making the next client late. For this reason, arriving after your appointment time **may result in loss of time from your massage** so that your session ends at the scheduled time. Full service fees will be charged even when sessions are shortened due to late arrival.

### **Inappropriate Behavior Policy**

Massage therapy is for relaxation and therapeutic purposes only. There is absolutely no sexual component to massage whatsoever. Any insinuation, joke, gesture, conversation, or request otherwise will result in immediate termination of your session and a refusal of any and all services in the future. You will be charged the full service fee regardless of the length of your session. Depending on the behavior exhibited we may also file a report with the local authorities if necessary. Treat your therapist with respect and dignity and you will be treated the same in return. By signing below, you agree to abide by these policies.

By signing you fully understand and are agreeing to the above policy for Body Therapy for the Soul.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

## General Liability Release Form for Body Therapy for the Soul

By signing below, you agree to the following;

- 1) I give my permission to receive massage therapy/body work.
- 2) I understand that therapeutic massage is not a substitute for traditional medical treatment or medications.
- 3) I understand that the massage therapist does not diagnose illnesses or injuries, or prescribe medications.
- 4) I have clearance from my physician to receive massage therapy.
- 5) I understand the risks associated with massage therapy include, but are not limited to:

- Superficial bruising
- Short-term muscle soreness
- Exacerbation of undiscovered injury/sickness

I therefore release the company (Body Therapy for the Soul & A.K. Chiropractic Center) and the individual massage therapist from all liability and liability concerning these injuries that may occur during the massage session or after the massage session.

6) I understand the importance of informing my massage therapist of all medical conditions and medications I am taking, and to let the massage therapist know about any changes to these at any time. I understand that there may be additional risks based on my physical condition that I am fully responsible for and agreeing to the body work/massage at my own risk.

7) I understand that it is my responsibility to inform my massage therapist of any discomfort I may feel during the massage session so he/she may adjust accordingly.

8) I understand that I or the massage therapist may terminate the session at any time.

9) I have been given a chance to ask questions about the massage therapy session and my questions have been answered.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

## Things to expect

Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

- We treat all clients, their visits and conditions with honor, respect, compassion and ultimate confidentiality. As such, **we will not** discuss your visit, any conversation, assessments, clinical notes, clinical charts and/or any client information with anybody outside of our staff.
- Prior to the massage, feel free to ask the practitioner any questions about the technique or the upcoming session. During the massage, make yourself comfortable. The practitioner will either gently move you or tell you what is needed throughout the session (such as lifting your arm). Many people just close their eyes and completely relax, communicating if/when they need more or less pressure, another blanket, or anything else relevant to the session. If you have any questions regarding the session or about the particular technique you are receiving, feel free to ask at any point.
- Our Massage Therapists are happy to adjust pressure, temperature, musical volume, work longer on an area or move on if you request it. We tailor the session to you!
- Most massage and bodywork techniques are traditionally performed with the client unclothed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped during the entire session.
- The practitioner will leave the room while you undress, relax onto the table, and slide under blanket.
- You will be properly draped at all times to keep you warm and comfortable. Only the area being worked on will be exposed.
- A typical full-body session will include work on your back, arms, legs, feet, hands, head, neck, glutes and shoulders.
- Communications is very open and expected at any time during the session. Communicate immediately if you feel any discomfort so that another approach may be taken.
- All services require a credit card to guarantee a reservation so please have your credit card ready when booking. You will not be billed unless there is a cancellation or no show. Body Therapy for the Soul will have contact you before charging your card for a service that you receive
- **Tipping-** the massage industry is a service industry. Like any service career tips are highly appreciated.

Most people feel very relaxed after a session. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days. Since toxins are released from your soft tissues during a massage. Some soreness you might experience after as well. It is recommended you drink plenty of water following your massage.

Enjoy your session!!