

## Colorado Injury Care Health History Form

So that you may be better served, please respond to the questions that pertain to you by printing clearly. This is part of your client file, and is considered confidential.

Please check all of the following conditions that currently apply to you:

- Acute Infection
- Acute Injury
- Allergies
- Arthritis
- Artificial Joint
- Asthma
- Atherosclerosis
- Autoimmune Disorder
- Athlete's Foot
- Bruising/Bruise easily
- Cancer
- Carpal Tunnel Syndrome
- Cold/Flu
- Colitis
- COPD
- Chronic Back Pain
- Chronic Cough
- Crohn's Disease
- Chronic Fatigue
- Depression
- Diabetes
- \_\_\_ insulin dependent?
- Digestive Concerns
- Dizziness
- Eczema
- Edema
- Epilepsy/Seizures /Convulsions
- Fatigue
- Fever
- Fibromyalgia
- Headaches
- Hearing problems/loss
- Heart Condition
- Hepatitis
- Herniated Disc
- High Blood Pressure
- HIV/AIDS
- IBS
- Infectious Condition
- Insomnia
- Leg cramps
- Loss of Range of Motion
- Loss of sensation

**Basic Information:**

Name \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone-Best two #'s for contact: H/W/C \_\_\_\_\_ H/W/C \_\_\_\_\_

E-mail address \_\_\_\_\_

Occupation/Employer \_\_\_\_\_ Referred by \_\_\_\_\_

**The following information will be used to help plan safe and effective massage sessions. Please answer the questions to the best of your knowledge.**

- |  |     |    |
|--|-----|----|
| 1. Do you have any difficulty lying on your front, back, or side?  | Yes | No |
| 2. Do you have any allergies to oils, lotions, nuts, or flowers?   | Yes | No |
| 3. Do you sit for long hours at a workstation, computer, or driving?   | Yes | No |
| 4. Do you perform any repetitive movement in your work, sports, or hobby?  | Yes | No |
| 5. Is there a particular area of the body where you are experiencing tension, stiffness, pain or other discomfort? | Yes | No |
- If yes, please explain \_\_\_\_\_

Do you have any particular goals in mind for this massage session? Yes No  
If yes, please explain \_\_\_\_\_

Have you had a professional massage before? Yes No

Date of Last Massage \_\_\_\_\_ How often do you get a wellness massage? \_\_\_\_\_

Do you prefer a deep touch or light touch for you massage? \_\_\_\_\_

Are you currently under medical supervision? Yes No  
If yes, please explain \_\_\_\_\_

Do you see a chiropractor? Yes No  
If yes, how often? \_\_\_\_\_

Are you currently taking any medication? Yes No  
If yes, please list \_\_\_\_\_

Please explain any condition(s) that you have marked in the sidebar \_\_\_\_\_

Is there anything else about your health history that you think would be useful for your massage practitioner to know to plan a safe and effective massage session for you? \_\_\_\_\_

Primary Care Doctor: \_\_\_\_\_

Chiropractor: \_\_\_\_\_

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Please check all of the following conditions that currently apply to you:

- Low Blood Pressure
- Migraines
- Multiple Sclerosis
- Muscle Spasms
- Muscle Tension
- Neuralgia
- Neuritis
- Numbness or Tingling  
\_\_\_\_\_ location
- Open sore/Wound
- Osteoporosis
- Pacemaker or similar device
- Pain
- Pinched Nerve
- Plantar Warts
- Psoriasis
- Recent Surgery
- Phlebitis Thrombosis
- Pregnancy  
\_\_\_\_\_ # weeks
- Sciatica
- Skin Condition/Rash
- Sprain/Strain
- Stiff Neck/Shoulders
- Stroke/CVA
- TB
- Tendonitis
- Thrombosis-deep vein
- Thyroid Hi or Low
- TMJ Dysfunction
- Ulcers
- Varicose Veins
- Vision Problems/Loss

**Past Conditions**

- Fractured Bones
- Auto Accidents  
\_\_\_ 0-5 years ago  
\_\_\_ 1-5 years ago  
\_\_\_ +5 years ago
- Knocked Unconscious
- Surgery

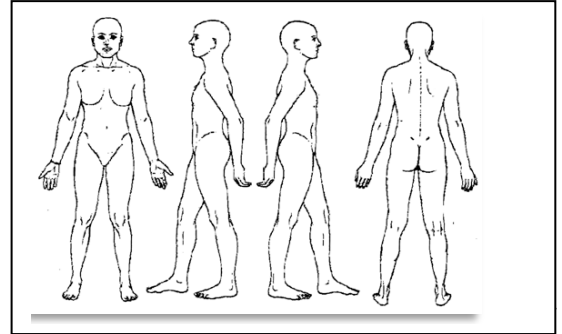
**Main Complaint**

Location of the pain. Please use the diagrams. Try to be as specific as you can.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Cause of the pain: \_\_\_\_\_

How long have you had the pain? \_\_\_\_\_

How frequent is the pain? (all day/night/only when you get up?) \_\_\_\_\_

How intense is the pain? (scale of 1 -10) \_\_\_\_\_

How would you describe the pain? (achy, throbbing, burning) \_\_\_\_\_

What makes the pain increase? \_\_\_\_\_

What makes the pain decrease? \_\_\_\_\_

What medications are you presently taking for the condition (muscle relaxants, painkillers)? \_\_\_\_\_

Is there a history of this condition? \_\_\_\_\_

Was the condition related to a work or auto accident? \_\_\_\_\_

Have you received any other treatment for this condition? If yes, please describe and comment on its success. \_\_\_\_\_

**Scope of Massage Therapy Practice**

Massage is defined as the manipulation of the soft tissue of the human body with the hands, arms, elbows, or feet.

I understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician, chiropractor or other qualified medical specialist for any mental or physical ailment that I am aware of. I understand that massage therapists 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. If you are experiencing a condition that contraindicates massage, we may refer you to another healthcare provider.

**Ethics & Privacy**

Our massage practice is strictly non-sexual. Any behavior that might be interpreted as sexual in nature will result in immediate termination of the session without refund of the session fee. I follow the guidelines of privacy of information according to HIPPA. All information shared during the session is strictly confidential.

**Informed Consent**

I acknowledge that the information I provided in this form is complete and accurate. I stated all my known medical conditions and medications, and will inform the massage therapist of any changes in my health status. I understand the information provided is strictly confidential. I also understand the scope of massage therapy practice and the policies listed above.

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

*\*\*Your E-mail address is considered confidential, and will only be used to communicate with you regarding your appointments. If you would like to be added to our e-mail newsletter list to receive news, information, and special offers, please sign here:*

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