

# McKee Wellness Health History Form

Please print and bring to your 1<sup>st</sup> appointment

## Client Contact Information

|                                      |               |
|--------------------------------------|---------------|
| Client Name:                         | Today's Date: |
| Date of Birth:                       | Gender:       |
| Address:                             |               |
| City/State/Zip:                      |               |
| Phone:                               | Email:        |
| Referred By:                         |               |
| Emergency Contact:                   | Phone:        |
| Physician/Health-care Provider name: | Phone:        |

## Massage Information

Have you ever received professional massage/bodywork before? ☐ Yes ☐ No

How recently:

What types of massage/bodywork do you prefer?

What kind of pressure do you prefer? ☐ Light ☐ Medium ☐ Firm

What are your goals/expected outcomes for receiving massage/bodywork?

How do you feel today?

List and prioritize your current symptoms/issues (stress, pain, stiffness, numbness/tingling, swelling, etc.)

Do these symptoms interfere with your activities of daily living (e.g., sleep, exercise, work, childcare)?

☐ Yes ☐ No If so explain:

List the medications you currently take:

Are you wearing contacts ☐ Yes ☐ No

Are you wearing dentures ☐ Yes ☐ No

Are you wearing a hairpiece ☐ Yes ☐ No

Are you pregnant? ☐ Yes ☐ No



# Health History

Have you had any injuries or surgeries in the past that may influence today's treatment? ☐ Yes ☐ No

If so explain:

Circle/mark any of the following health conditions that you currently have (if you are unsure, please ask): Please answer honestly, as massage may not be indicated for the below conditions.

☐ Blood Clots ☐ Infections ☐ Congestive Heart Failure ☐ Contagious Diseases ☐ Pitted Edema

Please indicate the following conditions that you have or have had in the past. Explain in detail, including treatment received.

- ☐ Current ☐ Past Muscle or joint pain: \_\_\_\_\_
- ☐ Current ☐ Past Muscle or joint stiffness: \_\_\_\_\_
- ☐ Current ☐ Past Numbness or tingling: \_\_\_\_\_
- ☐ Current ☐ Past Swelling: \_\_\_\_\_
- ☐ Current ☐ Past Bruise easily: \_\_\_\_\_
- ☐ Current ☐ Past Sensitive to touch/pressure: \_\_\_\_\_
- ☐ Current ☐ Past High/Low blood pressure: \_\_\_\_\_
- ☐ Current ☐ Past Stroke, heart attack: \_\_\_\_\_
- ☐ Current ☐ Past Varicose veins: \_\_\_\_\_
- ☐ Current ☐ Past Shortness of breath, asthma: \_\_\_\_\_
- ☐ Current ☐ Past Cancer: \_\_\_\_\_
- ☐ Current ☐ Past Neurological (e.g., MS, Parkinson's, chronic pain): \_\_\_\_\_
- ☐ Current ☐ Past Epilepsy, seizures: \_\_\_\_\_
- ☐ Current ☐ Past Headaches, migraines: \_\_\_\_\_
- ☐ Current ☐ Past Dizziness, ringing in the ears: \_\_\_\_\_
- ☐ Current ☐ Past Digestive conditions (e.g., Crohn's, IBS): \_\_\_\_\_
- ☐ Current ☐ Past Gas, bloating, constipation: \_\_\_\_\_
- ☐ Current ☐ Past Kidney disease, infection: \_\_\_\_\_
- ☐ Current ☐ Past Arthritis (rheumatoid, osteoarthritis): \_\_\_\_\_
- ☐ Current ☐ Past Osteoporosis, degenerative spine/disc: \_\_\_\_\_
- ☐ Current ☐ Past Scoliosis: \_\_\_\_\_
- ☐ Current ☐ Past Broken bones: \_\_\_\_\_
- ☐ Current ☐ Past Allergies: \_\_\_\_\_
- ☐ Current ☐ Past Diabetes: \_\_\_\_\_
- ☐ Current ☐ Past Endocrine/thyroid conditions: \_\_\_\_\_
- ☐ Current ☐ Past Depression, anxiety: \_\_\_\_\_
- ☐ Current ☐ Past Memory loss, confusion, easily overwhelmed: \_\_\_\_\_

**Comments**

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# Consent for Treatment

## **Pain or Discomfort:**

I understand that I will immediately inform the practitioner if I experience any pain or discomfort during this session so that the pressure and/or strokes may be adjusted to my level of comfort.

## **Not a Substitute for Medical Treatment and Medical Issues Disclosure:**

I understand that massage/bodywork 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 of which I am aware.

I understand that massage/bodywork practitioners 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.

I understand that because massage/bodywork should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions and answered all questions honestly.

I agree to keep the practitioner updated as to any changes in my medical profile and understand that there shall be no liability on the practitioner's part should I fail to do so.

## **Sexual Conduct Disclosure and Genital Area Draping:**

I understand that the massage will be terminated immediately if I make any illicit or sexually suggestive remarks or advances. I will be liable for payment of the scheduled appointment.

I understand that the therapist will not engage in breast massage of female clients unless I give written consent before each session involving breast massage. I understand that the therapist shall drape the breasts of all female clients at all times if consent is not given.

I understand that genital areas and gluteal cleavage will be draped at all times for all clients.

## **If I or the Therapist is Uncomfortable for any Reason:**

I understand that if I am uncomfortable for any reason, I may ask the therapist to cease the massage. The massage will be ended, no questions asked.

I understand that the therapist may end a massage session if the therapist feels uncomfortable for any reason.

Understanding all of this, I give my consent to receive care.

**Client Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Therapist Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent or Guardian Signature (in case of a minor):** \_\_\_\_\_ **Date:** \_\_\_\_\_

Entering your name electronically constitutes a signature.



# McKee Wellness Office Policy

We respectfully ask that you provide us with a 24-hour notice of any schedule changes or cancellation requests. 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 50% of the service fee for the first missed session and 100% of the service fee for each session after that. We also reserve the right to require a credit card number to be given to book future appointments so that appropriate fees may be charged if a late cancellation does occur. We understand that emergencies can arise and illnesses do occur at inopportune times. If you have a fever, a known infection, or have experienced vomiting or diarrhea within 24 hours prior to your appointment time, we request that you cancel your session. If you are sick or experiencing any respiratory or flu symptoms, fever, sore throat, or shortness of breath please cancel your appointment. There is no penalty for cancelling due to illness. If you have been exposed to someone diagnosed with Covid-19 or with Covid-19 symptoms within the last 14 days, please cancel your appointment. 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.

## Late Arrival Policy

I understand that issues can arise that may cause you to be late for your appointment. However, I ask that you call or text to inform me if this ever occurs so I can do my best to accommodate you. Appointment times are reserved for each client, so oftentimes I 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. In return we I will do my best to be on time, and if I am unable to do so I will add time to your session to make up for my late arrival or adjust the service charge accordingly.

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

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

Entering your name electronically constitutes a signature.

