**SOFT TISSUE THERAPY INFORMATION:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you had a professional massage before? Y or N

What type of massage are you seeking? Relaxation Deep Tissue \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What pressure do you prefer? Light Medium Heavy

Are you sensitive to any fragrances or have a skin allergy to oils? Y or N

Are there any areas that you do not want treated? Y or N

Please circle any of the following that are true for you:

Cancer (current) Blood Clots or Deep Vein Thrombosis (current or past)

Stroke Burns or Open wounds (current)

Rheumatoid Arthritis Chemo or Radiation treatment (current)

Recent Surgery Broken Bones or Fracture (current)

Pregnant (current) Automobile Accident (current) **None apply to me**

Are you taking any medication? Y or N

What are your goals for this treatment session? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby request and consent to the performance of massage therapy, or Neurosomatic Therapy on me (or on the client named below for whom I am legally responsible) by the licensed massage therapist named below and any of the soft tissue therapist located at Blue Q Health and Wellness. I have had an opportunity to discuss with the licensed practitioner below and/or with other office or clinic personnel the nature and purpose of the therapy and other procedures. I understand that results are not guaranteed. I understand and am informed that in the practice of soft tissue therapy there are some risks to treatment, including but not limited to bruising and emboli. I do not expect the practitioner to be able to anticipate and explain all risks and complications, and I wish to rely upon the practitioner to exercise judgment during the course of the procedure which they feel at the time, based upon the facts then known to him or her, is in my best interest. I have read, or have had read to me, the above consent. I have also had an opportunity to ask questions about its content, and by signing below I agree to the above-named procedures. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

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

LMT Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**QUESTIONS PERTAINING TO MASSAGE AND OUR SOFT TISSUE THERAPIES:**

* + It is OK if you would like treatment with the door open (just ask)
  + It is OK if you would like treatment with clothing on (we may not be able to reach all areas but would rather you be comfortable)
    - Our mini massage (15 min) is clothing on typically 1-2 regions and done either sitting up at the massage chair or lying down on a table.
    - Our 30 min to 120 min sessions are typically done on the massage table with dress to your comfort but draping with the table linens is required and bottom undergarment left on. Some people prefer to wear a bathing suit or workout ware. Please ask if you have any questions.

**During the massage:**

* + It is OK if you would like less pressure or more pressure during the session (you won’t hurt our feelings)
  + It is OK if you would like us to move on from a particular area or spend more time focusing on a particular region
  + It is OK if you would like us to alter our technique

**After the massage:**

* + Please be careful getting up quickly (some people experience temporary light headedness or dizziness)
  + Be sure to hydrate by drinking water
  + If sore use ice or other topical analgesics (it is not uncommon for the body to process the effects of the massage for up to 72hrs)
  + If you have any questions, don’t hesitate to call our office and speak with one of our therapists

We hope that you enjoy your treatment, feel AMAZING after, rebook with us, and tell others!

\*If there is anything else that we can do here at blue Q Health and Wellness to make your treatment even better, please let our front desk know : )