A close up of a logo

Description automatically generatedHands On OC Massage & Bodywork

with Michael Roberson, CMT, BCTMB

1601 Dove Street, Suite 278, Newport Beach, CA 92660

949.292.9207 michael@handsonoc.com

www.HandsOnOC.com

**Prenatal Massage Release Form**

Massage therapy during pregnancy has been shown to be beneficial to mother and child for a number of common complaints such as fatigue, musculoskeletal pain sciatica, edema, and many others. However, there are also risks associated with specific conditions that may occur during pregnancy.

You must inform your massage therapist if you have or have had in the past, any of the following conditions or symptoms which may make massage therapy contraindicated or may require alterations in the approach to your sessions. The priority is to keep you and your baby safe and healthy.

History of miscarriage Preeclampsia

Gestational diabetes History of any high-risk pregnancy

Cardiac, pulmonary, liver or renal disorders Drug exposure

Mother’s age, under 20 over 35 Severe nausea or vomiting

Pitting edema or sudden swelling Multiples

Epilepsy or convulsive disorders Hypertension

Placental or cervical dysfunction Genetic abnormalities

Abdominal pain Fetal growth retardation

Leaking of amniotic fluid Bloody discharge

Fever Sudden weight gain

IVF Treatment Diarrhea

Severe headaches Decrease in fetal movement over 24-hour period

**Client’s Release**

Client’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

OBGYN name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Due date: \_\_\_\_\_\_\_\_\_\_\_\_ Term\_\_\_\_\_\_\_\_\_\_ Weeks \_\_\_\_\_\_\_\_\_\_\_\_\_

Is this your first pregnancy? \_\_\_\_\_\_\_\_\_\_\_\_ How many successful births? \_\_\_\_\_\_\_\_\_\_\_\_

Have you ever miscarried? \_\_\_\_\_\_\_\_\_\_\_\_\_ If yes, how many times? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you made use of IVF for this or any pregnancy? \_\_\_\_\_\_\_\_\_\_\_

Are you making use of a midwife or doula? \_\_\_\_\_\_\_\_\_ If so, name and contact information, please.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read the aforementioned conditions and symptoms which make massage therapy during pregnancy contraindicated. The massage therapist has discussed this information with me and provided an opportunity for any questions. I have disclosed all high-risk factors of my pregnancy. I have completed and/or updated my client intake form.

I have discussed with my prenatal healthcare provider/physician any health concerns that I have about receiving massage therapy. I agree that my healthcare provider/physician has given me clearance to receive massage therapy.

I understand the information contained on this form and confirm that 1) I am receiving medical care including regular check-ups with a licensed healthcare provider, 2) I have not experienced any of the listed symptoms, conditions or complications, 3) I am ***not currently*** experiencing any of the listed symptoms, conditions or complications, 4) I am experiencing a low-risk pregnancy.

I understand that I will be receiving massage therapy as an adjunct form of healthcare only and that this therapy is not meant to replace appropriate medical care. I release the massage therapist of all liability of any harm that may unintentionally occur during my treatments.

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

California Massage Therapy Council (CAMTC 4487) **National Certification Board for Therapeutic Massage and Bodywork (NCBTMB 397447)** American Massage Therapy Association (AMTA 158318), Association of Bodyworkers and Massage Professionals (ABMP 861487)

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