

# ROUND ROCK HEALTH & WELLNESS CENTER MASSAGE INTAKE FORM

Name \_\_\_\_\_

For Newsletters and appointment reminders:

Phone \_\_\_\_\_ Alt Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City & Zip \_\_\_\_\_ DOB \_\_\_\_\_

What kind of work do you do? \_\_\_\_\_

Have you experienced a professional massage before?

Yes  No

What type pressure do you prefer?

Light  Medium  Deep  Very Deep

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

Check the boxes below that pertain to any current condition or have had history of:

**Circulatory**

- Heart Condition
- Phlebitis (Varicose Veins)
- Blood Clots

Diabetes

Surgeries \_\_\_\_\_

Current medication \_\_\_\_\_

For today's visit, are there any areas of your body that you would prefer **not** to be massaged?

Head  Abdomen  Low Back  Glutes  Arms  Shoulders  Neck  Upper Body  Legs  Feet

Other \_\_\_\_\_

Goal of today's visit and/or any specific area(s) you would like for us to focus? \_\_\_\_\_

Your therapist will leave the massage area to prepare for your massage, and you will be instructed to remove your clothing and get on the massage table **under the sheet or towel**. Your modesty will be protected at all times. As your therapist works, they will uncover only the body parts to be massaged, **never** working any private areas or genitals. If you feel more comfortable leaving your panties or underwear on, we are able to work the posterior hip over the sheets.

The pressure of the massage is specifically tailored to your body. We will ask you for feedback about the pressure several times during the massage. Please be honest!

You should drink LOTS of water during the next 24 hours, because massage moves some of the muscle metabolic by-products into circulation faster than usual, and the water will help to flush your system.

- High or  Low Blood Pressure
- Lymphedema
- Thrombosis  Embolism
- Breathing difficulty / asthma
- Emphysema
- Allergies to \_\_\_\_\_
- Sinus Problems
- Other: \_\_\_\_\_

**Musculoskeletal**

- Osteoporosis
- Bone or joint disease
- Tendonitis  Bursitis
- Arthritis  Gout
- Sprains  Strains
- Low back,  hip, or  leg pain
- Neck,  shoulder, or  arm pain
- Joint Inflammation  Pain  Stiffness
- Spasms  cramps
- Jaw pain (TMJ)
- Lupus
- Fibromyalgia  Chronic Fatigue
- Rheumatoid Arthritis  Arthritis
- Headaches  Dizziness
- Sleep Disturbances  Fatigue  Insomnia
- Breathing Problems
- Scoliosis or other spine issues
- Numbness or Tingling
- Detached Retina  Glaucoma
- Current Pregnancy (\_\_\_\_ weeks)
- Digestive Issues
- Cancer \_\_\_\_\_
- Epilepsy
- Diabetes
- Injuries \_\_\_\_\_

**(OVER for More)**

**Cancellations :** We ask that if you cannot make an appointment that you have scheduled that you cancel within 24 hours. We understand that things come up, but please call even if it is last minute. For any missed appointment in there will be at least \$25 and up to the full price of the missed session fee to compensate for the therapists time.

**Late Appointments :** Please arrive for your first appointment with us 15 minutes prior to scheduled start time. We have paperwork for you to complete, and your therapist will want to have a brief interview with you prior to the start of your service to clarify your needs and desires for your massage session. For all appointments a minimum of 5 minutes prior to appointment start time. This gives you and the therapist ample time to discuss your current needs and will allow for a relaxed and unrushed session. If you arrive late it is likely that your session will be abbreviated to keep the therapist on schedule. If you are late, and don't call, you will be responsible for the full session rate.

**Tipping :** We do accept tips; it would be much appreciated. Standard tip amounts for professional massage range from 15-20%.

**Payment Methods :** We accept payment via check, cash and all major credit cards

By checking the box, you agree to receive text messages at the provided number from ROUND ROCK HEALTH & WELLNESS CENTER - (512-246-0220)

Message frequency varies, and standard message and data rates may apply. You have the right to OPT-OUT receiving messages at any time. To OPT-OUT, reply "STOP" to any text message you receive from us. Reply HELP for assistance."

**Privacy Policy:** Sharing of Personal Information: We do not share, sell, or disclose your personal information or mobile opt-in data to third parties without your explicit consent, except where required by law. Your information is kept confidential and used solely for the purposes you have agreed to. Mobile information will not be shared with or sold to third parties or affiliates for marketing and/or promotional purposes.

**Opting Out of Text Messages:** You have the right to opt out of receiving text messages from ROUND ROCK HEALTH & WELLNESS at any time. To opt-out, you can reply "STOP" to any text message you receive from us.

**Consent and Opt-In:** By providing your phone number and opting in to receive text messages, you consent to the collection and use of your personal information as described in this policy. We ensure that your consent is obtained explicitly and that you are informed about the types of messages you will receive.

**Therapist Notes:**

Are you interested in hearing more about our Massage a Month Club where you can receive your monthly massage for \$89 each?  YES  NO

If you have any questions regarding our policies or your treatments scheduled please discuss with your therapist prior to the start of your session.

**Please Sign and Date Below:**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
**Client Signature & Date**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
**Therapist Signature & Date**