

In-take Health Form for Shaina Cantino, LMT  
*All information on this questionnaire will be kept strictly confidential.*

**A. Patient Information**

Patient Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Occupation \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Primary Health Care Provider \_\_\_\_\_ Phone \_\_\_\_\_

I give my massage therapist permission to consult with my health care providers regarding my health and treatment. Initials \_\_\_\_\_ Date \_\_\_\_\_

Comments \_\_\_\_\_

**B. Current Health Information** – *Check all that apply*

**Primary** \_\_\_\_\_

Mild  Moderate  Disabling  Constant  Intermittent  Symptoms increase with activity  Symptoms decrease with activity  Getting worse  Getting better  No change  Treatment(s) received \_\_\_\_\_

**Additional** \_\_\_\_\_

Mild  Moderate  Disabling  Constant  Intermittent  Getting worse  Getting better  No change  Symptoms increase with activity  Symptoms decrease with activity  Treatment(s) received \_\_\_\_\_

**List Daily Activities Limited by Condition**

Work \_\_\_\_\_

Home/Family \_\_\_\_\_

Sleep/Self-care \_\_\_\_\_

Social/Recreational \_\_\_\_\_

**List Self-Care Routines**

How do you reduce stress? \_\_\_\_\_

How do you reduce pain? \_\_\_\_\_

List current medications (include pain relievers and herbal remedies) \_\_\_\_\_

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Have you received massage therapy before? \_\_\_\_\_ Frequency? \_\_\_\_\_

What are your goals for receiving massage therapy? \_\_\_\_\_

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**C. Health History** - *List and Explain. Include dates and treatment received.*

Surgeries \_\_\_\_\_

Injuries \_\_\_\_\_

Major Illnesses \_\_\_\_\_

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**D. Check All Current and Previous Conditions** *Please explain*

<b>Current</b>	<b>Past</b>	<b>Comments</b>
<input type="checkbox"/>	<input type="checkbox"/> headaches _____	
<input type="checkbox"/>	<input type="checkbox"/> pain _____	
<input type="checkbox"/>	<input type="checkbox"/> sleep disturbances _____	
<input type="checkbox"/>	<input type="checkbox"/> fatigue _____	
<input type="checkbox"/>	<input type="checkbox"/> infections _____	
<input type="checkbox"/>	<input type="checkbox"/> fever _____	
<input type="checkbox"/>	<input type="checkbox"/> sinus _____	
<input type="checkbox"/>	<input type="checkbox"/> other _____	

**Skin Conditions**

<input type="checkbox"/>	<input type="checkbox"/> rashes _____	
<input type="checkbox"/>	<input type="checkbox"/> athlete's foot, warts _____	
<input type="checkbox"/>	<input type="checkbox"/> other _____	

**Muscles and Joints**

<input type="checkbox"/>	<input type="checkbox"/> rheumatoid arthritis _____	
<input type="checkbox"/>	<input type="checkbox"/> osteoarthritis _____	
<input type="checkbox"/>	<input type="checkbox"/> osteoporosis _____	
<input type="checkbox"/>	<input type="checkbox"/> scoliosis _____	
<input type="checkbox"/>	<input type="checkbox"/> broken bones _____	
<input type="checkbox"/>	<input type="checkbox"/> spinal problems _____	
<input type="checkbox"/>	<input type="checkbox"/> disk problems _____	
<input type="checkbox"/>	<input type="checkbox"/> lupus _____	
<input type="checkbox"/>	<input type="checkbox"/> TMJ, jaw pain _____	
<input type="checkbox"/>	<input type="checkbox"/> spasms, cramps _____	
<input type="checkbox"/>	<input type="checkbox"/> sprains, strains _____	

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<b>Current</b>	<b>Past</b>	<b>Comments</b>
<input type="checkbox"/>	<input type="checkbox"/> tendonitis, bursitis _____	
<input type="checkbox"/>	<input type="checkbox"/> stiff or painful joints _____	
<input type="checkbox"/>	<input type="checkbox"/> weak or sore muscles _____	
<input type="checkbox"/>	<input type="checkbox"/> neck, shoulder, arm pain _____	
<input type="checkbox"/>	<input type="checkbox"/> low back, hip, leg pains _____	

**Nervous System**

<input type="checkbox"/>	<input type="checkbox"/> head injuries, concussions _____	
<input type="checkbox"/>	<input type="checkbox"/> dizziness, ringing in ears _____	
<input type="checkbox"/>	<input type="checkbox"/> loss of memory, confusion _____	
<input type="checkbox"/>	<input type="checkbox"/> numbness, tingling _____	
<input type="checkbox"/>	<input type="checkbox"/> sciatica, shooting pain _____	
<input type="checkbox"/>	<input type="checkbox"/> chronic pain _____	
<input type="checkbox"/>	<input type="checkbox"/> depression _____	
<input type="checkbox"/>	<input type="checkbox"/> other _____	

**Respiratory, Cardiovascular**

<input type="checkbox"/>	<input type="checkbox"/> heart disease _____	
<input type="checkbox"/>	<input type="checkbox"/> blood clots _____	
<input type="checkbox"/>	<input type="checkbox"/> stroke _____	
<input type="checkbox"/>	<input type="checkbox"/> lymphedema _____	
<input type="checkbox"/>	<input type="checkbox"/> high, low blood pressure _____	
<input type="checkbox"/>	<input type="checkbox"/> irregular heart beat _____	
<input type="checkbox"/>	<input type="checkbox"/> poor circulation _____	
<input type="checkbox"/>	<input type="checkbox"/> swollen veins _____	
<input type="checkbox"/>	<input type="checkbox"/> varicose veins _____	
<input type="checkbox"/>	<input type="checkbox"/> chest pain, shortness of breath _____	
<input type="checkbox"/>	<input type="checkbox"/> asthma _____	
<input type="checkbox"/>	<input type="checkbox"/> other _____	

**Contract for Care**

<input type="checkbox"/>	<input type="checkbox"/> rheumatoid arthritis _____	
<input type="checkbox"/>	<input type="checkbox"/> osteoarthritis _____	
<input type="checkbox"/>	<input type="checkbox"/> osteoporosis _____	
<input type="checkbox"/>	<input type="checkbox"/> scoliosis _____	
<input type="checkbox"/>	<input type="checkbox"/> broken bones _____	
<input type="checkbox"/>	<input type="checkbox"/> spinal problems _____	
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<input type="checkbox"/>	<input type="checkbox"/> low back, hip, leg pains _____	

**Allergies**

<input type="checkbox"/>	<input type="checkbox"/> scents, oils, lotions _____
<input type="checkbox"/>	<input type="checkbox"/> detergents _____
<input type="checkbox"/>	<input type="checkbox"/> other _____

**Digestive/Elimination System**

<input type="checkbox"/>	<input type="checkbox"/> bowel problems _____
<input type="checkbox"/>	<input type="checkbox"/> gas, bloating _____
<input type="checkbox"/>	<input type="checkbox"/> bladder/kidney/prostrate _____
<input type="checkbox"/>	<input type="checkbox"/> abdominal pain _____
<input type="checkbox"/>	<input type="checkbox"/> other _____

**Endocrine System**

<input type="checkbox"/>	<input type="checkbox"/> thyroid _____
<input type="checkbox"/>	<input type="checkbox"/> diabetes _____

**Reproductive System**

<input type="checkbox"/>	<input type="checkbox"/> pregnancy _____
<input type="checkbox"/>	<input type="checkbox"/> painful, emotional menses _____
<input type="checkbox"/>	<input type="checkbox"/> fibrotic cysts _____

**Habits**

<input type="checkbox"/>	<input type="checkbox"/> tobacco _____
<input type="checkbox"/>	<input type="checkbox"/> alcohol _____
<input type="checkbox"/>	<input type="checkbox"/> drugs _____
<input type="checkbox"/>	<input type="checkbox"/> coffee, soda _____

**Contract for Care:** I promise to participate fully as a member of my health care team. I will make sound choices regarding my treatment plan based on the information provided by my manual therapist and other members of my health care team, and my experience of those suggestions. I agree to participate in the self-care program we select. I promise to inform my practitioner any time I feel my well-being is threatened or compromised. I expect my manual therapist to provide safe and effective treatment.

**Consent for Care:** It is my choice to receive manual therapy, and I give my consent to receive treatment. I have reported all health conditions that I am aware of and will inform my practitioner of any changes in my health.

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