**Postpartum Massage Intake Form**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Prenatal care provider:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Delivery Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you ever experienced a therapeutic massage? Yes No

Did you receive massage during your pregnancy? Yes No

Did you experience any complications with your delivery? Yes No

If yes, please describe.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Do you currently have any areas of discomfort? Yes No

If yes, please list them.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any past injuries or surgeries that I should know about? Yes No

If yes, please list them.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you experiencing any discomfort lying on sides, back, or stomach? Yes No

If yes, please describe (a bolster may be used for extra comfort for abdomen or chest area).\_\_\_\_\_\_\_\_\_

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Please list any medications you are currently taking.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any of the following, or history of (please check any that apply)

|  |  |  |
| --- | --- | --- |
| High blood pressure | Edema (puffy ankles/legs, etc.) | Digestive issues |
| Low blood pressure | Varicose veins | Headaches |
| Diabetes | Trouble sleeping | Breast tenderness |
| Thyroid problems | Depression/anxiety | Sinus congestion |

Please notify your Massage Therapist if you have any discomfort lying on your stomach, as bolsters may be an option for added support and comfort during the massage. Massage Therapists do not diagnose nor prescribe medical treatment. Please continue to communicate with your prenatal care provider and your other physicians regarding your health and your postpartum phase. Also, please notify the massage therapist as needed of any changes in the future, regarding your postpartum phase or your general health information. Thank you.

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Client Signature Date