

# Appointment Checklist

what to expect today

Welcome to **Advanced Therapeutics**. We strive to provide the best Massage Therapy Services. Help us by reviewing the following:

You have reserved a specific time-slot on our therapist's schedule. Unfortunately, if you are late, we cannot extend your appointment.

*Filling out paperwork in advance is helpful.*

Your therapist will meet briefly with you prior to your massage to introduce themselves, review your paperwork, discuss concerns and manage expectations. (example: any specific issues, allergies or preferences).

Existing clients cannot use/redeem 3rd-party coupons or specials (ex.: Groupon). New client specials through these vendors can be used once in a lifetime.

Many people ask for guidance on tipping. Therapists depend on tips as part of their compensation. It is customary to tip \$20+ per therapist for :60 appointment.

\_\_\_\_\_  
initial

*Thank you*



visit our website: [www.triggerpoints.info](http://www.triggerpoints.info)  
Jeff Widmann, LMBT, CPT, E-RYT #1757  
**704-332-7700**

Today's Date: \_\_\_\_\_

<b>OFFICE USE ONLY</b>	Massage Therapist: _____	Type of massage provided: _____
	<b>SESSION NOTES:</b>	
		<input type="checkbox"/> Tip online Amount: \$ _____

**Massage Intake Form** — Confidential Information. Please fill-out, print and bring this form to your appointment.

**Welcome.** Thank you for taking the time to provide this information. I would like to make your appointment as pleasant and comfortable as possible, so if at any time you have questions regarding your session, please let me know.

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Address \_\_\_\_\_

email \_\_\_\_\_ providing your email address subscribes you to our specials and discounts mailing list. Thank you!

City \_\_\_\_\_ State \_\_\_\_\_ Best number to be reached \_\_\_\_\_

Occupation \_\_\_\_\_ Best time to call \_\_\_\_\_  check if prefer email contact

Have you ever received massage therapy? \_\_\_ Yes \_\_\_ No

Type of massage experienced (swedish, shiatsu, deep tissue, etc.): \_\_\_\_\_

Are you currently taking any medications? \_\_\_ Yes \_\_\_ No

If yes, please list name and reason for medications): \_\_\_\_\_

Are you currently seeing a healthcare professional? \_\_\_ Yes \_\_\_ No If yes, please list names and reason/treatment: \_\_\_\_\_

Please review this list and check those conditions that have affected your health recently or in the past. Check conditions that apply:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> arthritis               | <input type="checkbox"/> hepatitis (A, B, C, other)           | <input type="checkbox"/> heart conditions                     |
| <input type="checkbox"/> diabetes                | <input type="checkbox"/> skin conditions                      | <input type="checkbox"/> back problems                        |
| <input type="checkbox"/> blood clots             | <input type="checkbox"/> stroke                               | <input type="checkbox"/> high blood pressure                  |
| <input type="checkbox"/> broken/dislocated bones | <input type="checkbox"/> surgery                              | <input type="checkbox"/> insomnia                             |
| <input type="checkbox"/> bruise easily           | <input type="checkbox"/> TMJ disorder                         | <input type="checkbox"/> muscle strain/sprain                 |
| <input type="checkbox"/> cancer                  | <input type="checkbox"/> depression, panic disorder, anxiety, | <input type="checkbox"/> pregnancy                            |
| <input type="checkbox"/> chronic pain            | <input type="checkbox"/> other psych condition                | <input type="checkbox"/> scoliosis                            |
| <input type="checkbox"/> constipation/diarrhea   | <input type="checkbox"/> diverticulitis                       | <input type="checkbox"/> seizures                             |
| <input type="checkbox"/> auto-immune condition*  | <input type="checkbox"/> headaches                            | <input type="checkbox"/> whiplash                             |
|  |   | <input type="checkbox"/> chemical dependency (alcohol, drugs) |

(\*AIDS, fibromyalgia, chronic fatigue, lupus, etc.)

If any of the above needs to be detailed or if there is anything else to share, please do so: \_\_\_\_\_

Do you have any of the following today:

- skin rash     cold/flu     open cuts     severe pain     anything contagious     injuries/bruises

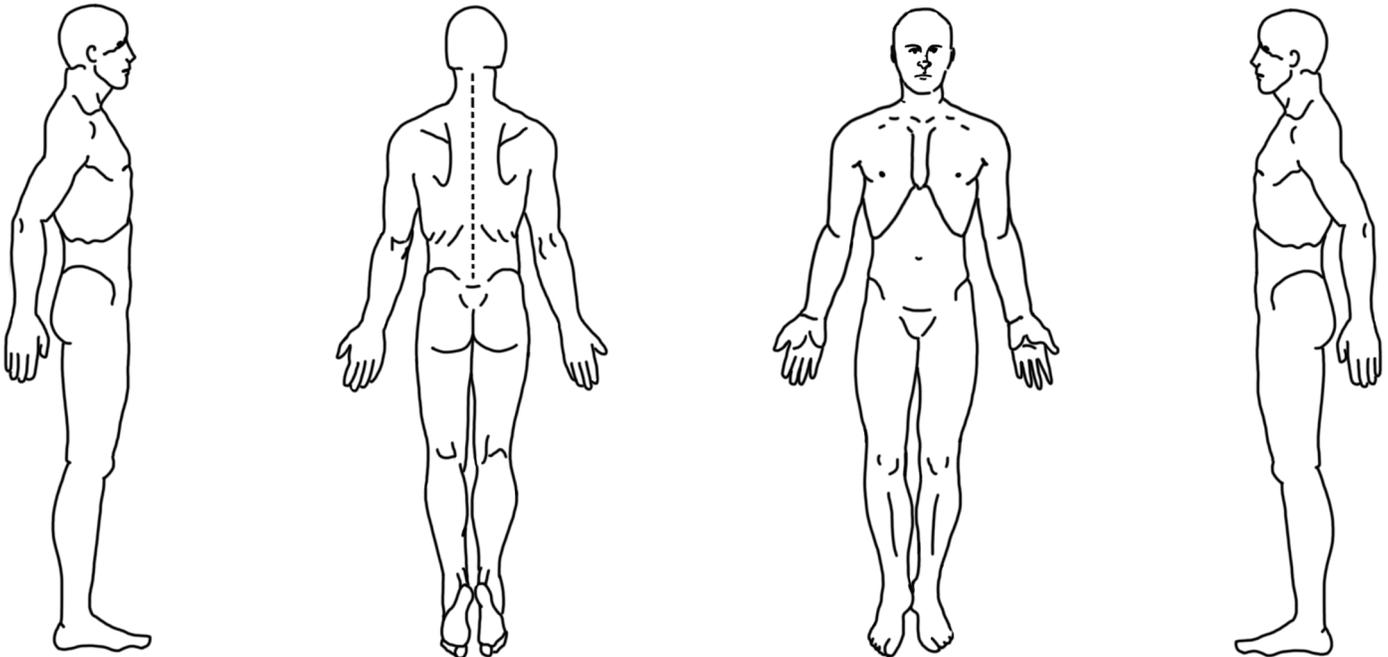
Do you have any allergies to:

- medications     foods (nuts, etc.)     environmental allergens (dust, pollen, fragrances)  
 reactions to skin care products

If any of the above are checked, please give details: \_\_\_\_\_

Are you wearing:     contact lenses     hearing aid     hairpiece

Please shade in to indicate, if any, the areas in which you are feeling discomfort (print out form):



What are your goals/expectations for this therapy session? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please read the following information, print out and sign below. Bring this form to your appointment:**

1. I understand that although massage therapy can be very therapeutic, relaxing and reduce muscular tension, it is not a substitute for medical examination, diagnosis and treatment.
2. Being that massage should not be done under certain medical conditions, I affirm that I have answered all questions pertaining to medical conditions truthfully.
3. I agree to abide by a 24 hour cancellation notice for any scheduled massage. I understand that I will be charged the full amount of service for missed appointments or for any cancellations with less than a 24 hour notice. I understand that if I arrive late for an appointment, the session will end at the original scheduled time to prevent penalizing another client.
4. We will happily accept checks, cash *and* credit cards through our website at **massageandyoga.center** Thank you.

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



visit our website:

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## Agreement of Release and Waiver of Liability

### Advanced Therapeutics Pain Relief and Wellness Center

I, \_\_\_\_\_, hereby agree to the following:

1. That I am participating in the Fitness, Yoga classes, Health Programs, Massage Therapy or Workshops offered by **Advanced Therapeutics Pain Relief and Wellness Center**, during which I will receive information and instruction about yoga and health. I recognize that fitness training and classes and yoga require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Fitness, Yoga classes, Health Programs, Massage Therapy or Workshops. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Fitness, Yoga classes, Health Programs, Massage Therapy or Workshops.
3. In consideration of being permitted to participate in Fitness, Yoga classes, Health Programs, Massage Therapy or Workshops, I agree to assume full responsibility for any risks, injuries or damages, know or unknown, which I might incur as a result of participating in the programs.
4. In further consideration of being permitted to participate in Fitness, Yoga classes, Health Programs, Massage Therapy or Workshops, I knowingly, voluntarily and expressly waive any claim I may have against **Advanced Therapeutics Pain Relief and Wellness Center** for injury or damages that I may sustain as a result of participating in the programs.
5. I, my heirs or legal representatives forever release waive, discharge and covenant not to sue **Advanced Therapeutics Pain Relief and Wellness Center** for any injury or death caused by my negligence or other acts. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

\_\_\_\_\_

Date

\_\_\_\_\_

Signature of Participant

\_\_\_\_\_

email

providing your email address allows us to send you specials, coupons and updates. Thank you.