

*A Healing Trail Wellness Center, LLC*  
*Client Questionnaire For Therapeutic Massage and Acupuncture*

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

E-mail \_\_\_\_\_ Today's Date \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Cell phone or work phone \_\_\_\_\_  
(for blizzard or emergency cancellations only)

Whom can we thank for referring you to us? \_\_\_\_\_

Occupation \_\_\_\_\_ My job requires: Driving - Standing - Computers - Sitting - Reaching  
(Circle how you spend most of your time)

Have you ever received Professional Massage?    Yes    No    How frequently? \_\_\_\_\_

In the past **5** years, have you had any injuries or problems with any of the following?

Y N    Joint problems (Arthritis, hypermobile joints, gout...)

Y N    Stress (job, home, illness, family)

Y N    Bone conditions (fracture, cancer, osteoporosis...)

Y N    Headaches (How often? \_\_\_\_\_) (migraine, cluster, tension, PMS...)

Y N    Circulatory problems (easy bruising, clots, varicose veins, phlebitis, arteriosclerosis...)

Y N    Lymph condition (lymphoma, swollen glands, lymphedema, cystic tissue...)

Y N    Neurological condition (pinched nerves, sciatica, numbness or tingling in any area, stroke, epilepsy...)

Y N    Emotional difficulties

Y N    Skin conditions (any current rash, severe acne, herpes, allergies...)

Y N    Diabetes (insulin dependent    or    oral medication only)

Y N    Surgery of any kind (When \_\_\_\_\_ Why? \_\_\_\_\_)

Y N    Heart conditions or High Blood Pressure

**(Over for additional questions    →    →    →    →    →    →    →    )**

Y N Muscle conditions (strains, sprains, trigger points, tear...)

Y N Any recent injuries explain \_\_\_\_\_

Y N Pregnant - due date: \_\_\_\_\_ Any related problems? \_\_\_\_\_

Y N Any food allergies or lotion reactions? \_\_\_\_\_

Y N Cancer (please state type, duration and treatment) \_\_\_\_\_

Y N Are you wearing contact lenses?

Y N Covid-19 infection Date: \_\_\_\_\_

ANY other medical problems? \_\_\_\_\_

Are you currently taking any medications? Yes No What are they? \_\_\_\_\_

**Your Habits:** Exercise \_\_\_\_\_ Tobacco use \_\_\_\_\_

water intake / day \_\_\_\_\_ Alcohol intake \_\_\_\_\_ Caffeine use / day \_\_\_\_\_

Sleep pattern / night \_\_\_\_\_ Bowel frequency / day \_\_\_\_\_

Is there any body area where you would like **extra time** spent? (neck, low back, shoulder, legs, feet...?)

Is there any area you prefer **not** to have touched? (face, feet, abdomen, hair...?) Yes No

Does your doctor know you are receiving Therapeutic Massage or Acupuncture? Yes No

If needed, may we contact your Doctor regarding your medical condition(s)? Yes No

#### **Cancellation Policy**

We greatly appreciate as much notice as possible if you have to miss a scheduled appointment. Many of our Therapists have a waiting list and we can usually fill your appointment with 48 hours notice. If you have to give less than 24 hours notice we would appreciate it if you would send a family member or friend in your place. If we can't fill your appointment when you have given less than 24 hours notice, we will bill you for 50% of the session fee. **Your initials here please** \_\_\_\_\_

Doctor's Name and address \_\_\_\_\_

Your Signature \_\_\_\_\_  
(Patient or Guardian)