



Therapy
Designed For **You**

CLIENT HEALTH & MEDICAL HISTORY

82 Palomino Lane, Suite 501
Bedford, NH 03110
603-627-6381

A health and medical history aids us in providing treatment as muscular therapy may impact medication effectiveness or worsen existing health conditions. This information will be used to structure safe therapy sessions for you. *Clients with active cancer or a cancer history should request the Cancer History form.*

Name: _____ Date: _____

Cell Phone: (____) _____ Home/Work Phone: (____) _____

Address _____ Street _____ City _____ State _____ Zip Code _____

Email: _____ Join our Email Newsletter? Yes No

Occupation: _____ Sex: M/F Date of Birth: _____

How did you hear about us so we can send a "thank you" _____

Reason for visit: (circle all that apply) shoulders low back neck legs upper back
feet arms jaw chest stress headaches just stressed out!

Exercise	Work/Home Activity	Habits
<ul style="list-style-type: none"> • Cardio <ul style="list-style-type: none"> ○ Moderate or Heavy ○ Daily or Occasional • Weights/Resistance <ul style="list-style-type: none"> ○ Moderate or Heavy ○ Daily or Occasional 	<ul style="list-style-type: none"> • Sitting • Standing • Light Labor • Heavy Labor • Substantial Computer Work • Carrying Children 	<ul style="list-style-type: none"> • Smoking Packs/Day ____ • Alcohol Drinks/Week ____ • High Stress Level <ul style="list-style-type: none"> • Reason _____
Injuries/Surgeries	Description	Approximate Date
<ul style="list-style-type: none"> • Fall • Broken Bones • Dislocations • Surgery(ies) 	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Medications	Allergies	Vitamins/Herbs/Minerals
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Hydration is an important component of muscle health. Average daily hydration intake should be ½ your body weight in ounces. This includes water, herbal teas, electrolyte enhanced beverages (most), sports drinks and distilled water. Caffeinated and sweetened beverages (non-sport drinks) do not hydrate the tissue in the same way. Please mark your current fluid intake.

Daily Water/Hydration

Fluid Intake: 0-19 oz. 20-36 oz 37-48 oz 49-64 oz over 64 oz.

Daily Non-Hydration

Fluid Intake: 0-19 oz 20-36 oz 37-48 oz 49-64 oz over 64 oz.

Fruits and vegetables also add to hydration of the body's tissues. Please mark your current intake of:

Daily fresh fruits: 0-2 3-5 more than 5
 Daily fresh vegetables: 0-2 3-5 more than 5

Protein feeds the muscles, carbs provide energy.

Do you eat protein at every meal? Y ___ N ___
 Do you understand how protein & water affect muscles? Y ___ N ___

Current Medical Signs & Symptoms			
Symptom	Yes	No	Location: (describe)
1. Any active infections?			
2. Any swelling, edema or tendency to swell?			
3. Any numbness or abnormal sensation?			
4. Any pain or tenderness?			

I verify that all information provided is correct and current to the best of my knowledge. I understand that any information provided to my therapist is for exclusive use in providing muscular therapy and will not be discussed with any other persons without my express written permission. I understand that I am responsible for reporting changes in my general health and medications prior to future treatments.

 Signature

 Date