

CONFIDENTIAL PATIENT HISTORY FORM



SAFE, SMART, EFFECTIVE HEALTH CARE

Aimee Stothers,  
Registered Massage Therapist

Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
(month / day / year)

Address \_\_\_\_\_ Family Doctor \_\_\_\_\_  
Phone \_\_\_\_\_

Postal Code \_\_\_\_\_ Referring Professional \_\_\_\_\_  
Phone \_\_\_\_\_

Phone (home) \_\_\_\_\_  
(cell/pager) \_\_\_\_\_  
(work) \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

How did you hear about (Registered) Massage Therapy? \_\_\_\_\_

How did you hear about our clinic? \_\_\_\_\_

**Please indicate if you believe if any of the following apply to you? (P = past C = current) Circle if necessary.**

|  |   |  |
|--|---|--|
| <input type="checkbox"/> Heart Attack                | <input type="checkbox"/> Headaches / Migraines        | <input type="checkbox"/> Joint Dislocation             |
| <input type="checkbox"/> High / Low Blood Pressure   | <input type="checkbox"/> Dizziness / Fainting         | <input type="checkbox"/> Bone Fracture                 |
| <input type="checkbox"/> Stroke or Aneurysm          | <input type="checkbox"/> Nausea                       | <input type="checkbox"/> Arthritis                     |
| <input type="checkbox"/> Pace Maker                  | <input type="checkbox"/> Spinal Injury                | <input type="checkbox"/> Osteoporosis                  |
| <input type="checkbox"/> other Heart condition       | <input type="checkbox"/> Head Injury                  | <input type="checkbox"/> Rods / Pins / Plates / Shunts |
| <input type="checkbox"/> Varicose Veins              | <input type="checkbox"/> Epilepsy / other seizures    | <input type="checkbox"/> Implants _____                |
| <input type="checkbox"/> Bruise easily               | <input type="checkbox"/> other Neurological condition | <input type="checkbox"/> Transplant _____              |
| <input type="checkbox"/> other Circulatory condition |   | <input type="checkbox"/> Corrective Lenses/Contacts    |
| <input type="checkbox"/> Diabetes                    | <input type="checkbox"/> Asthma                       | <input type="checkbox"/> Cancer _____                  |
| <input type="checkbox"/> Kidney Disease              | <input type="checkbox"/> Chronic Sinusitis            | <input type="checkbox"/> Hepatitis                     |
| <input type="checkbox"/> other Urinary condition     | <input type="checkbox"/> other Respiratory condition  | <input type="checkbox"/> HIV                           |
|  | <input type="checkbox"/> Irritable Bowel / Colitis    | <input type="checkbox"/> other Contagious condition    |
|  | <input type="checkbox"/> Digestive condition          | _____  |
|  | <input type="checkbox"/> Skin condition               |  |

**Please list any Medications you presently take:**  
\_\_\_\_\_  
\_\_\_\_\_

**Known Allergies** (including medications, foods, seasonal, oils and lotions, etc.)  
\_\_\_\_\_

**Do you have any family history of medical conditions?**  Yes  No  
Please list: \_\_\_\_\_

**Have you ever been hospitalized, had any major accidents, illnesses, or surgeries?**  Yes  No  
Please comment: \_\_\_\_\_  
\_\_\_\_\_

**Other therapy / treatment:** (past or present, does not have to be related to this visit)

|  |                          |                |
|--|--------------------------|----------------|
| <input type="checkbox"/> Massage Therapy | Date of last visit _____ | Location _____ |
| <input type="checkbox"/> Chiropractor    | “ _____                  | “ _____        |
| <input type="checkbox"/> Physiotherapy   | “ _____                  | “ _____        |
| <input type="checkbox"/> Naturopath      | “ _____                  | “ _____        |
| <input type="checkbox"/> Acupuncture     | “ _____                  | “ _____        |
| <input type="checkbox"/> Other _____     | “ _____                  | “ _____        |

**List any Activities, Sports, Hobbies**  
(ie. Jogging, Hockey, Crafts, Computer, etc)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**List any NON-prescription vitamins, minerals or other supplements** you are taking:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please CIRCLE the answer closest to how you PRESENTLY feel:** ( 1 = poor, 5 = excellent)

|                  |   |   |   |   |   |  |       |
|------------------|---|---|---|---|---|--|-------|
| Quality of Sleep | 1 | 2 | 3 | 4 | 5 | <b>Hours of sleep per night</b> (approx.)        | _____ |
| Energy Level     | 1 | 2 | 3 | 4 | 5 | <b>Number of meals you regularly eat per day</b> | _____ |
| Eating Habits    | 1 | 2 | 3 | 4 | 5 | <b>Number of times you exercise per week</b>     | _____ |
| Stress Level     | 1 | 2 | 3 | 4 | 5 |  |       |
| Exercise Habits  | 1 | 2 | 3 | 4 | 5 |  |       |

  

|         |     |    |            |
|---------|-----|----|------------|
| Smoker  | Yes | No | Occasional |
| Alcohol | Yes | No | Occasional |

**Current Condition**

Please describe your current condition & symptoms: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How long have you had this condition? \_\_\_\_\_

How did it start? \_\_\_\_\_

What aggravates it? \_\_\_\_\_

What relieves it? \_\_\_\_\_

\_\_\_\_\_

**Please indicate on the diagram the nature of your symptoms, using the symbols indicated:**

Aching      O O  
 Stabbing     X X X  
 Shooting     → →  
 Burning      ###  
 Numbness or Tingling    ≈ ≈ ≈

**Please Note:** Your appointment time has been reserved for you. In courtesy of your therapist & fellow patients, we ask that you provide us with 24 hours notice of cancellation, or a cancellation fee will be charged. Payment for all treatment, whether private or insured, is ultimately the responsibility of the patient.

I authorize the clinic and its associated RMTs to collect my personal and medical information as documented above in order to contact me, and give permission for the clinic to leave messages regarding appointments at any of the contact numbers I have provided above. In addition, I authorize the clinic and its associated RMTs to communicate with my referring MD as deemed necessary for my beneficial treatment. I also understand that my personal and medical information is confidential and will only be disclosed to third parties with my permission.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_