

Harmony Bodywork Massage Therapy

Prenatal Massage Client Information

Name: _____

Massage during pregnancy provides many benefits. It enhances circulation, supporting the work of your heart and increasing the oxygen and nutrients delivered to your baby. It can relieve the sensation of heaviness and aching in your legs caused by swelling or varicose veins. It can optimize your muscle tone and function, relieve muscle strain and fatigue and reduce strain on your joints. Pregnancy massage reduces stress and promotes relaxation, contributing to a healthier pregnancy. If you have been told your pregnancy is high risk, please inform your therapist.

Week of Pregnancy: _____ Est. Due Date: _____ Physician or Midwife: _____

Is this your first pregnancy? _____ If not, how many previous pregnancies have you had? _____

Please describe how you have felt (physically and emotionally) during this pregnancy: _____

Have you had any complications or abnormalities? Yes / No If yes, please describe _____

Are you currently taking any medications? Yes / No If yes, please list _____

Are you experiencing any of the following conditions or symptoms? (Please X all that apply)

Multiple pregnancy (twins)

Headaches

Gestational Diabetes

Varicose veins

Nausea

High Blood Pressure

Fever

Toxemia / Preeclampsia

Threatened miscarriage

Heartburn

Other conditions or problems (please explain) _____

Placenta dysfunction

Edema/Swelling of hands, legs, feet or face

Sensitivity to smells (aromatherapy)

Abdominal or unusual pain in the body

Pre-term Labor

Allergies to oils or lotions (nut, essential oils, etc)

Decreased Fetal Movement in the past 24 hrs

Vaginal Bleeding / Discharge

Leg Cramps or Restless Legs

Indigestion

I am experiencing a low risk / high risk (circle one) pregnancy according to my doctor/midwife.

Is there anything else you would like me to know about your health and/or pregnancy? _____

Client Signature: _____ Date: _____