



Message Intake Form

Personal Information

Name

Telephone Number

Address

Post Code

Email

DOB

Occupation

Emergency Contact Name & Relationship

Emergency Contact Number

How did you hear about us?

Are you happy to be contacted for marketing and promotional purposes?

Medical Screening

Please tick any of the following that apply to you and include further details in the boxes provided for each section:

General Health Questions

General Health Good	Medical Conditions	High/Low Blood Pressure
Pacemaker/ Active Implant	Allergies	Rheumatoid Arthritis
Pregnancy	Sudden Recent Unexplained Weight Loss	History of Fractures

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Total Contraindications

Cancer	First Trimester of Pregnancy	Infectious Diseases
Acute Injury (First 24-48 hours)	Suspected DVT	Under influence of drugs/alcohol
Fever	Hyperthermia	

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Local Contraindications

Skin Disease	Undiagnosed Lumps	Medical Oedema
Cuts/bruises or sunburn	Pregnancy abdomen	Osteoporosis/Osteopenia
Scar Tissue	Postural Deformities	Osteoarthritis
Fracture site	Undiagnosed Pain	Trapped/pinched Nerve
Varicose Veins	Acute Rheumatism	Epilepsy
Recent Operations	Diabetes	Asthma
Spastic Conditions	Kidney Infection	Whiplash
Slipped Disc	Cold or Flu	Nervous/Psychotic Conditions
Cardiovascular Respiratory Conditions	Nervous System Dysfunction	

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Massage Information

Massage therapy is the scientific manipulation of soft tissues of the body for the purpose of normalising them and consists of manual techniques that include applying fixed or movable pressure, holding, and/or causing movement of/or to the body. It is commonly used for pain relief and the treatment of various health conditions and for general well-being. Before deciding to have massage, it is important to understand the risks and benefits associated with it:

Benefits of Massage:

1. **Pain relief:** One of the main reasons people seek massage therapy is for pain relief. Massage helps to relieve pain by dispersing the fluid build-up that can cause inflammation and tension in the muscles. It also releases endorphins, which are hormones that have natural painkilling properties.
2. **Increases relaxation:** Massage therapy is used to improve the circulation of blood and lymphatic fluids. It eases tension in the tissues surrounding your muscles, which can help you feel relaxed and at ease. Increasing blood circulation also helps speed up recovery time for injuries through increased oxygenation of injured cells.
3. **Improved mental health:** Massage therapy has also been shown to increase serotonin and dopamine, two hormones commonly associated with anxiety and pleasure and happiness. This can help reduce depression levels and improve your mood.
4. **Anxiety reduction:** Along with improving your mood, massage therapy has also been shown to help reduce anxiety levels. In fact, a study found that massage therapy was able to significantly decrease anxiety levels.

Risk	Frequency	Additional Information
Post Massage Soreness and Malaise (PMSM)	Common	You may experience some soreness in the following hours/days after your massage. These effects are usually temporary and resolve on their own. The chance of these symptoms occurring increases with deeper massage techniques.
Drowsiness	Common	Drowsiness will usually pass quickly but can lead to deeper sleep on the evening of receiving treatment.
Bruising	Uncommon	Minor bruising can occur after a deep tissue massage but is not normally cause for concern. However, if it happens regularly, severely, or after a more gentle massage such as a Swedish massage, it's potentially a sign that something is wrong. In such cases, individuals should contact their GP for a quick check up before continuing with treatments.
Make existing conditions worse	Rare	In some cases, massage can exacerbate existing conditions. The risk of this happening is greatly reduced by completing the medical screening in the previous section.
Distract patient from more appropriate healthcare	Rare	Massage therapy should never be prioritised over appropriate medical interventions. The risk of this is greatly reduced by completing the medical screening in the previous section.

What are your goals for today's massage?

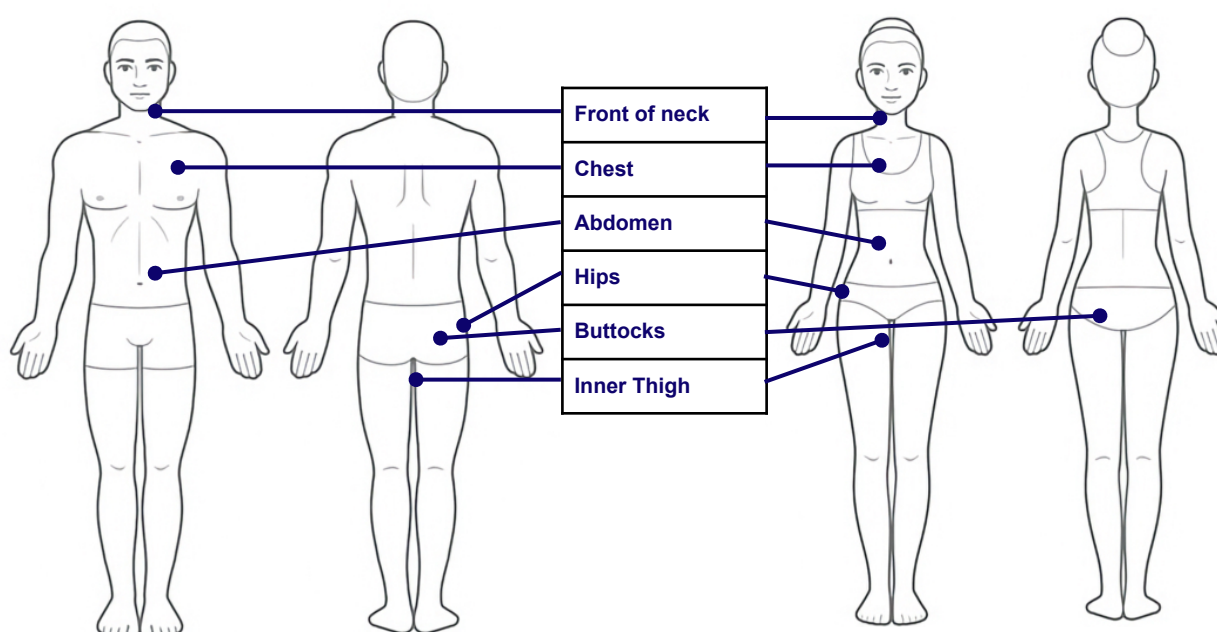
Please tick which type of massage you would like:

Massage Type	Description	
Swedish	Primarily focuses on reducing stress and increasing relaxation. Warms the muscles up with long gliding strokes before moving onto firmer techniques to work deeper into the muscles.	
Deep Tissue	Uses greater sustained pressure to target the deeper layers of muscles and other connective tissues to relieve pain and tension.	
Sports	Includes the above techniques plus more sports-specific ones such as soft tissue release, stretches, trigger pointing and muscle energy techniques. These are generally targeted at a specific complaint.	
IASTM	Instrument assisted soft tissue mobilisation (IASTM) uses specialised handcrafted tools to assist in performing massage, allowing for pressure to be applied quickly and efficiently.	
Blended Approach (Recommended)	At Armoured Physiotherapy, we recommend a blended approach that can incorporate elements from each of the above techniques and is tailored specifically to your goals and needs. As with any therapeutic treatment, this involves an ongoing dialogue with the client to ensure maximum comfort throughout.	

Please note: By default, all massage types feature the use of a heated blanket and heated lotion unless you specify otherwise to your therapist.

Consent for sensitive areas

We want you to feel as comfortable and relaxed as possible. This is more likely to happen when you are in control and know exactly what to expect from your massage, so we ask that you tick which of the following sensitive areas (if any) you are happy to have included.





Consent to Treatment

Client Agreement	Yes	No
I confirm that I have completed the massage screening tool, highlighting any conditions that might impact on massage treatment.		
I have read the information about the benefits and risks of massage and have had chance to discuss any concerns with my physiotherapist.		
Consent is a voluntary and ongoing process, and you are fully entitled to change your mind about what you are comfortable with as the massage progresses. Please communicate this to your therapist and the treatment will be altered or stopped accordingly.		
I voluntarily give my informed consent for the massage as discussed and outlined above.		
I understand that I can withdraw or alter my consent at any time, for any reason.		

Client Name

Date

Client Signature

Practitioner Name

Date

Practitioner Signature