Congratulations on your decision to have massage (aka bodywork). Your massage therapist is Katie Newton, LMT.

What to do During your Massage

For some clients receiving a massage is such a relaxing experience that they will fall asleep within minutes. Others have a harder time winding down for their massage. There is no right or wrong way to enjoy a massage but here are some suggestions to relax during your session:

- Try following your breathing for a few minutes: breathe in, breathe out
- Focus on listening to the music playing
- Use meditation to enhance the relaxation of the massage
- Don't force relaxation – if you are in a talkative mood and your mind won't slow down feel free to chat during your massage. You may actually relax more if you "go with the flow" and talk through your day and things on your mind than keeping quiet

Be sure to communicate clearly with your massage practitioner during the session on comfort level, room temperature and music. You don't need to "endure" a massage experience that is unpleasant so speak up if the pressure is too deep, the table is too warm or if the music is distracting.

Taking Care of Yourself after a Massage

To help the benefits of your massage last longer try these guidelines:

- Be sure to have adequate water intake after your massage
- Practice any homework or instructions your practitioner has given you to keep up the benefits between sessions (i.e. stretches, relaxation methods or posture awareness)
- Take things easy for a couple of hours after your massage to enjoy longer benefits
- Try taking a relaxing bath or foot bath a day or two after your massage to keep the relaxation going
- Maintain regular massage or bodywork appointments to keep stress and tight muscles at manageable levels

Our Bodywork Menu of Services

Cassie is currently available for appointments at our office on Wednesdays from 11am – 5pm.

One half-hour massage	$30 (first time)	$35 thereafter
One hour massage	$50 (first time)	$55 thereafter
One 15 minute head and neck*	$20	
One 15 minute lower back*	$20	

* 15 minute head and neck and 15 minute lower back are performed using a massage chair

Gratuity
We proudly recruit and train our staff to be the most qualified massage professionals in the industry. Our recommended standard gratuity for massages is 18%-20%. Gratuity to therapist can be in cash, personal check or credit card.

Mouw Family Chiropractic:A Creating Wellness Center

CONFIDENTIAL HEALTH SCREENING QUESTIONNAIRE FOR MASSAGE

Date _____ How did you learn about us? _____

Last Name _____ First Name _____ M.I. _____

Street Address _____ City _____ Zip _____

Phone: Hm _____ Wk _____ Cell _____

Occupation/Activities _____

Date of Birth _____ Age _____ Sex: O F O M

** I have been given and read the HIPAA information for Mouw Family Chiropractic: A Creating Wellness Center.**
Signature _____ Date: _____

Have you ever experienced any of the following? Please use **'C'** for current, **'P'** for past, **'S' for sometimes**

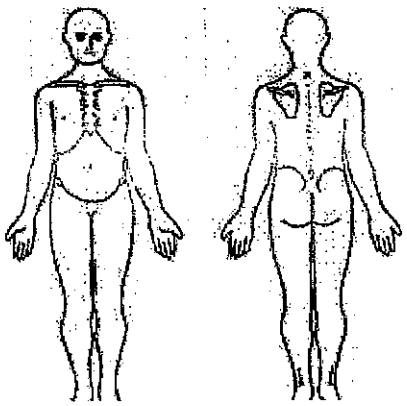
__ HIV/AIDS	__ Constipation	__ Herpes	__Sciatica
__ Allergies	__ Diarrhea	__ High Blood Pressure	__ Stiff Joints
__ Anemia	__ Diabetes	__ Low Blood Pressure	__ Skin Allergies
__Athletes Foot	__ Digestive Problems	__ Insomnia	__ Sprains/Strains
__ Arthritis	__ Disc Problems	__ Excess Stress	__ Stroke
__ Back Pain	__ Diverticulitis	__ Migraines	__Swollen Feet/Legs
__ Bone Fractures	__ Eczema	__ Muscle Spasms	__Tendonitis
__ Bursitis	__ Epilepsy/Seizures	__ Numbness	__ Tingling
__ Cancer	__ Fibromyalgia	__ Phlebitis	__ Tumors
__ Chronic Fatigue	__ Headaches	__Psoriasis	__ Varicose Veins
__ Circulatory Problems	__ Heart Attack/Ailments	__ Rashes	__Whiplash
__ Colitis	__ Hemophilia	__ Ringworm	__Other _____
For Women Only:	__ Pregnant	__ Excessive Bleeding	__ Menstrual Cramps
	__ Trying to be pregnant	__ Amenorrhea	__ PMS

Accidents, Injuries, or Surgeries:
Less than 5 years ago_____
More than 5 years ago_____
Are you currently receiving medical or chiropractic care? O Yes O No
If yes, please explain _____
Are you taking any medications (prescriptions & over-the-counter)? O Yes O No
If yes, please explain _____
Why have you come for a massage? _____
Have you ever received a massage before? O Yes O No

Please read and sign the following:

I acknowledge that the above information is complete and accurate to the best of my knowledge and that I will notify Mouw Family Chiropractic: A Creating Wellness Center and/or treating LMT of any changes in my physical condition prior to my massage. I am also aware that payment is due on the date of service.

A missed appointment or cancellation with less than 24 hours notice will be charged $35.00

_____ _____
Signature Date

Please circle areas of tension/aches/tension
(X) where you would not like to be touched
genitals will never be touched