

**Client**

Name (last, first, MI):

Prenatal massage therapy provides a number of benefits for both the expectant mother and the unborn child. However, special care must be taken to ensure the safety of both.

*Contraindication* is a medical term for a condition which makes a particular treatment or procedure inadvisable – in this case, massage therapy. Many people under varying circumstances may possess contraindications which may limit the types of massage that may be administered and/or areas of the body that may be worked.

Pregnancy has numerous contraindications for massage therapy. Check each condition you currently possess or have possessed:

- Elevated blood pressure
- Heart disease
- Hypertension
- Kidney and bladder disease
- Previous miscarriage
- Multiple pregnancy
- Previous complicated pregnancy
- Cancer
- Lupus
- Diabetes
- Convulsive disorders
- Under age 18 or over age 35
- Risk of fetal genetic disorders
- Fever
- Vaginal bleeding
- Excessive swelling in arms or legs
- Asthma
- Liver or renal condition
- Abdominal pains
- Severe back pain
- Severe headaches

If you currently possess or have possessed one or more of the contraindications listed above:

- It is advisable to avoid massage therapy during your pregnancy until the condition is resolved (if applicable).
- You will be required to obtain clearance from your physician prior to receiving prenatal massage therapy.

**Agreement**

By my signature below, I agree to the following statement(s):

1. I have read and understand the information contained on this page.
2. I have indicated (by checking) any and all conditions listed above that I currently possess or have possessed, to the best of my knowledge.
3. It is ultimately the responsibility of me and my physician to determine my suitability for prenatal massage therapy.
4. Information contained on this form will never be released to or viewed by any third party for any reason without my prior written consent.

**Signature**

Signature:

Date: