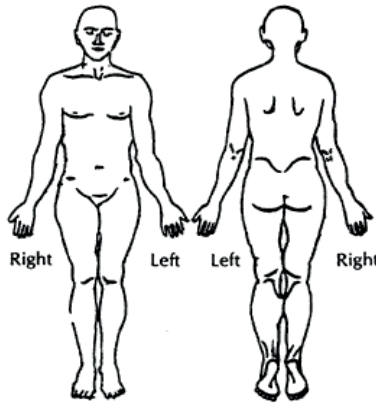


MASSAGE THERAPY INTAKE FORM

NAME: _____ DATE OF BIRTH: _____ DATE: _____

1. What problem are you here for today? _____
2. Describe how/when your problem occurred? _____
3. Please **circle** on the body chart below your area of discomfort:



- a. Mark on the scale below your current level of discomfort (0=no pain, 10=visit to ER):

0-----5-----10

- b. **Check** the box that best describes how your discomfort changes during the day:

	Morning	Afternoon	Evening
Better			
Worse			

4. Does your pain wake you up at night? **YES** **NO**

5. Please **circle** the activity/activities that increase your symptoms:

Sitting	Walking	Kneeling	Twisting	Standing	Reaching
Reclining	Lifting	Bending	Squatting	Stairs	Rising from Chair
Other: _____					

6. Please **circle** the intervention(s) that ease(s) your symptoms:

Heat	Ice	Medication	Rest	Change in Position
Other: _____				

7. Is your condition overall...? **IMPROVING** **GETTING WORSE** **THE SAME**

8. Have you had a similar problem previously? **YES** **NO**

a. If yes, when? _____

9. Have you had any treatment for this problem in the past? **YES** **NO**

a. If yes, please describe: _____

10. Are you able to continue working? **YES** **NO**
 a. If no, when did you last work? _____
11. Are the physical demands of your job...? **LIGHT** **MODERATE** **HEAVY**
 a. Please describe your job duties: _____
12. Are you able to continue your recreation or sporting activities?
 a. Please list your hobbies and activities: _____
- What are your goals and expectations for massage therapy? _____

MEDICAL INFORMATION

1. Please **circle** if you have had any of the following tests for this problem:

X-Ray	CAT Scan	Bone Scane	Electromyogram	Nerve Conduction Study	MRI
Other: _____					

2. Are you currently taking any medications? **YES** **NO**
 a. Name/Dosage/Reasons for medication: _____

3. Please **circle** if you have experienced any of the following with your current problem:

Locking	Dislocating	Giving Way	Dropping Items	Unconsciousness	Numbness Around Groin or Buttocks
Nausea	Loss of Balance	Lip Numbness	Loss of Bowel or Bladder Control	Dizziness or Blurred Vision	Pain with Coughing/Sneezing

4. How would you describe your overall health? **POOR** **FAIR** **GOOD** **EXCELLENT**

5. Please **circle** any of the following that are in your past or present medical history:

Surgeries	Cancer	Lung Problems	Heart Disorder	Pacemaker	Nerve Disorder
Diabetes	Asthma	Allergies	High Blood Pressure	Blood Clots	Osteoporosis
Arthritis	Sprains/Strains	Broken Bones	Unusual or Frequent Headache	Seizures	Concussion
Other: _____					

6. Have you had any long-term use of Prednisone, Cortisone, steroid, or inhalants? **YES** **NO**
 a. If yes, please specify: _____
7. Are you currently doing physical therapy, or plan to, for this issue? **YES** **NO** **UNSURE**
8. Are you pregnant, or do you think you might be? **YES** **NO** **UNSURE**

Alpine Chiropractic Informed Consent

Every type of health care is associated with some risks of potential problems. This includes chiropractic health care. We want you to be informed about potential problems associated with chiropractic health care before consenting to treatment.

Chiropractic adjustments are the moving of bones with the doctor's hands or with the use of a mechanical device or machine. Frequently adjustments create a "pop" or "click" sound/sensation in the area being treated. In this office we used trained staff personnel to assist the doctor with massage therapy. Occasionally when your doctor is unavailable, another clinic doctor will treat you on that day.

Neck Artery Dissector and Stroke: Dissection is when the lining of a neck artery breaks down. This might happen spontaneously, or from an injury, or from a trivial movement (hair shampooing, checking traffic, looking up, etc.). Dissections tend to cause neck pain and/or headache. Dissections may form a clot that can dislodge and interfere with blood flow. If that happens, it is called a stroke. Stroke means that a portion of the brain or spinal cord does not receive enough oxygen from the blood stream. The results can be temporary or permanent dysfunction of the brain, with a very rare complication of death. The literature is mixed or uncertain as to whether chiropractic adjustments are associated with stroke or not. Recent evidence suggests that it is not (2008, 2015, 2016, 2019) although the same evidence often suggests that the patient may be entering the chiropractic office for neck pain/headaches or other symptoms that may in fact be a spontaneous dissection of a neck artery. There are no in-the-office tests to diagnose the spontaneous neck artery dissection (2020) but they might be detectable with advanced imaging (CT/MRI, etc.). If we think you may be suffering from a spontaneous neck artery dissection and/or associated stroke, you will be immediately referred to emergency services. Anecdotal cases suggest that chiropractic adjustments may be associated with dissection and/or stroke that arise from the vertebral artery: this is because the vertebral artery is located inside the neck vertebrae. The adjustment that is suggested to increase the strain on the vertebral artery is called the "extension-rotation-thrust atlas adjustment". We do not do this type of adjustment on patients. Other types of neck adjustments may also potentially be related to vertebral artery strokes, but no one is certain. It is estimated that the incidence of this type of stroke ranges between 1 per every 400,000-3,000,000 neck adjustments. If you experience any of the "5 Ds and 3 Ns" before, during, or after an adjustment, tell us immediately, and if we can't be reached, go to the emergency department immediately. Two other potential problems that are not quantifiable because they are extremely rare and have no association with chiropractic adjusting are carotid artery injury, and spinal dural tear resulting in a leak of cerebral spinal fluid.

Disc Herniations: Both back and neck disc herniations may create pressure on the spinal nerve on the spinal cord. They are frequently successfully treated by chiropractors and chiropractic adjustments, traction, etc. Occasionally chiropractic treatment (adjustments, traction, etc.) may aggravate a disc/nerve problem and rarely surgery may become necessary for correction.

Cauda Equina Syndrome: Cauda Equina Syndrome occurs when a low back disc problem puts pressure on the nerves that control bowel, bladder, and sexual function. Representative symptoms include leaky bladder, or leaky bowels, or loss of sensation (numbness) around the pelvic sexual area (the saddle area), or the inability to start/stop a bowel movement. Cauda Equina Syndrome is a medical emergency because the nerves that control these functions can permanently die and those functions may be lost or compromised forever. The standard approach is to surgically decompress the nerves, and the window to do so may be as short as 12-72 hours. If you have any of these symptoms, tell us immediately, and if we can't be reached go to the emergency department immediately.

Soft Tissue Injury: Soft Tissues primarily refer to muscles and ligaments. Muscles move bones, and ligaments limit joint movement. Rarely a chiropractic adjustment, traction, massage therapy, etc., may overstretch some muscle or ligament fibers. The result is a temporary increase in pain and necessary treatments for resolution, but there are no long-term effects for the patient.

Rib and other Fractures: Rarely a chiropractic adjustment will crack a rib bone, and this is referred to as a fracture. We adjust all patients very carefully, and especially those who have known osteoporosis. Other fracture locations are extremely rare but possible, especially those aged over 65 years and/or on steroid drugs.

Heat and Ice: We recommend both heat and ice for home care on occasion. Everyone's skin has different sensitivities, and rarely, both heat and ice can burn or irritate the skin. The result is a temporary increase in pain, and there may even be some blistering of the skin. Never put an ice pack directly on the skin. Always have an insulating towel between.

Soreness: It is common for chiropractic adjustments, traction, massage therapy, exercise, etc., to result in a temporary increase in soreness in the region being treated. This is nearly always a temporary symptom that occurs while your body is undergoing therapeutic change. It is not dangerous, but please do tell your doctor about it.

Other problems: There may be other problems or complications that might arise from the chiropractic treatment other than those noted above. The other problems or complications occur so rarely that it is not possible to anticipate and/or explain them all in advance of treatment. Chiropractic is a system of healthcare delivery, and therefore, as with any healthcare delivery system, we cannot promise a cure for any symptom, disease, or condition as a result of treatment in this clinic. We will always give you our best care, and if results are not acceptable, we will refer you to another provider whom we feel will assist your situation. Alternatives to chiropractic care include do nothing, drugs, surgery, acupuncture, massage, etc. Risks from these procedures should be addressed with that provider.

Massage: I understand the massage given here is for the purpose of relief from muscular tension or spasm, and for increasing circulation. Understand the massage practitioner does not diagnose illness, disease, or other physical or mental disorder. As such, the therapist does not prescribe medical treatment or pharmaceuticals, nor perform spinal manipulations. I understand massage is not a substitute for medical examination and diagnosis, and that it is recommended to see physician for any physical ailments I may have. Because the massage practitioner must be aware of existing conditions, I have stated all my known medical conditions and take it upon myself to keep the practitioner updated on my physical, mental, and emotional health.

I have read and fully understand the above statements, and therefore, accept chiropractic care on this basis.

I agree that financial responsibility for my treatment is ultimately my own.

I agree that a fee may be charged if I cancel my appointment less than 24 hours before it begins.

Signature: _____ Date: _____

Printed Name: _____

Consent to evaluate and adjust a minor child

Parent/Guardian Signature: _____ D.O.B. _____

I, the above signed, being the parent or legal guardian of _____ have fully read the above Informed Consent and hereby grant permission for my child to receive chiropractic care.



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NOTICE OF PRIVACY PRACTICES

Breach Notification: In the case of a breach of unsecured protected health information, we will notify you unless after completing a risk analysis as dictated by law it is determined that there is a "low probability of PHI compromise". Notification will be by either email or phone.

Federal law makes provision for your health information to be released to an appropriate health oversight agency, public health authority, or attorney, provided that a workforce member or business associate believes in good faith that we have engaged in unlawful conduct or have otherwise violated professional or clinical standards and are not potentially endangering one or more patients, workers, or the public.

Acknowledgement of Review and Receipt of Notice of Privacy Practices

- I hereby acknowledge receipt of a copy of this Notice of Privacy Practices.
- I have reviewed and been offered a copy of this Notice of Privacy Practices but do not wish to receive it at this time.
-

Signed: _____ Print Name: _____

Effective Date: _____ If not signed by patient, indicate relationship: _____



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Consent to receive SMS

By signing below and supplying my phone number, email address, and any other personal contact information, I authorize Alpine Chiropractic Center to use SMS messaging to communicate with me regarding scheduled or missed appointments, patient waitlist and recall, account balance notifications and statements, as well as other Protected Health Information. I authorize Alpine Chiropractic Center to use an automated outreach and messaging system for certain reminders and notifications. I consent to receive multiple and/or recurring SMS messages and understand that messaging frequency varies and messaging and data rates may apply. Alpine Chiropractic Center will not share or sell any of the above information with any third parties.

For Text Message Services, text HELP to the sending number with questions and text STOP to that number to Opt-out. Your Opt-out request may generate a confirmation text.

Signature: _____

Printed Name: _____

Date: _____