

# Pregnancy & postpartum massage consultation form

Therapist name: \_\_\_\_\_

Your name: \_\_\_\_\_

## Are you currently:

☐ Pregnant ☐ Postpartum

If postpartum, please specify delivery date: \_\_\_\_\_

If pregnant, how far along are you? (weeks) \_\_\_\_\_

## Any complications during this or a previous pregnancy?

☐ Yes ☐ No If yes, please describe: \_\_\_\_\_

## Have you been cleared for massage therapy by your doctor or midwife?

☐ Yes ☐ No

## Do you have any of the following conditions? (Check all that apply)

☐ High blood pressure ☐ Gestational diabetes ☐ Preeclampsia

☐ Skin conditions ☐ Cancer ☐ Recent bleeding or spotting

☐ Other: \_\_\_\_\_

## Health & well-being

**Have you had a pregnancy or postpartum massage before?**

☐ Yes ☐ No

**Do you currently have or have you ever had any of the following?** (Check all that apply)

☐ High blood pressure ☐ Heart disease ☐ Diabetes ☐ Cancer (current or past)

☐ Blood clotting issues ☐ Recent surgery (within the past 6 months)

☐ Other: \_\_\_\_\_

**Do you have any allergies or skin sensitivities?**

☐ Yes ☐ No If yes, please list: \_\_\_\_\_

**Are you taking any medications?**

☐ Yes ☐ No If yes, please list: \_\_\_\_\_

## Consent & waiver

I confirm that I have provided accurate and complete details about my health and pregnancy/postpartum status. I understand that massage during pregnancy or postpartum may have some risks, including but not limited to muscle soreness, swelling or sensitivity, and that I must follow any aftercare instructions provided by my therapist.

I understand that I can stop or refuse treatment at any time and will inform the therapist if I feel any discomfort during the massage. I acknowledge that this treatment is not a substitute for medical care.

## Waiver of liability

Urban's role is to connect me with an independent therapist, and my contract is directly with them. I release Urban and the therapist, to the extent permitted by law, from any liability related to this session.

Date: \_\_\_\_\_ Client signature: \_\_\_\_\_