

Pregnancy Massage Information Consent Form



ESSENCE MASSAGE
& BODYWORKS

Name:..... Due Date:.....

Weeks along:..... Is this your first child? Yes / No

Please circle any complications you are experiencing with this pregnancy or previous pregnancies.

- | | | |
|-----------------------|----------------------|---------------------|
| Miscarriages | Varicose Veins | Multiples |
| Phlebitis | Gestational Diabetes | Leg Cramps |
| Placental dysfunction | Restless legs | High Blood Pressure |
| Headaches | Pre-Eclampsia | Heartburn |
| Premature Labor | Indigestion | Fatigue |
| Constipation | Bladder Infections | Hemorrhoids |
| Swollen Hands or Feet | Trouble Sleeping | Nausea |

Any other problems you feel you need to share with me:

.....
.....
.....

Massage during pregnancy provides many benefits. It enhances circulation, supporting the work of the heart, and increasing the oxygen and nutrients delivered to your baby. It can relieve the sensation of heaviness and aching in your legs caused by the swelling and varicose veins. It can optimise your muscle tone and function, relieve muscle strain and fatigue, and reduce the strain on your joints. Pregnancy massage reduces stress and promotes relaxation, contributing to a healthier pregnancy. If you have been told your pregnancy is high risk, a doctor’s consent may be required.

Please read and sign the acknowledgement below:

I have received and read written information concerning the possible benefits of massage therapy during pregnancy. I verify that I am experiencing a low risk pregnancy or been given consent from my GP stating massage is safe with my current conditions, and shared all my known medical conditions. I understand that I will be receiving therapeutic massage for the purpose of stress reduction, relief from muscle tension or spasm, or for increasing circulation and energy flow. I understand and agree that I am receiving therapeutic massage entirely at my own risk. I understand that all the information provided by me and my GP are being used to ensure that massage is safe for me and that massage triggering a miscarriage is minimised as much as possible, but that the risk cannot be completely removed.

.....

.....

Signature

Date