

Balanced Bodycare, PLLC - Holly Glennon RN/BSN, LMT

Nationally Certified Reflexologist / Cranio-Sacral Reflexologist

1219 11th Avenue SE, Suite 108

Olympia, WA 98501

360.528.0683

Name: _____ Home Phone: _____ Cell phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Occupation: _____ Date of Birth: _____

E-Mail Address: _____

CHIEF CONCERN: _____ Referred by: _____

Emergency Contact: _____ Phone: _____

Yes No Have you ever had a professional reflexology treatment?

Yes No Are you currently having problems with your feet?

Yes No Have you had any broken bones? Please list: _____

Yes No Do you have Diabetes Mellitus?

Yes No Do you have blood pressure concerns (high blood pressure / low blood pressure)? If so, list any medications you are currently taking under the comments section

Yes No Do you currently, or have you had, any of the following:

head injury / trauma - concussion, brain injury, cranial surgery, etc.

a seizure disorder, epilepsy

involved in a motor vehicle accident resulting in a head, neck or spinal injury

a back injury, or back surgery - area involved: _____

orthodontics: do you currently wear a retainer or mouth guard? _____

Yes No Are you currently under stress? If so, please rate on a scale of 1-10: _____

Yes No Are you currently experiencing tension (or soreness) in your body?

Where are you feeling this? _____

Yes No Are you currently experiencing numbness or stabbing sensations in your body?

Where is the sensation located? _____

Yes No Do you have a sensitivity to touch or pressure?

Yes No Have you had any surgeries? If so, please list: _____

Comments / Medications: _____

Please take a moment to read the following information carefully.

Reflexologists believe the entire body is mirrored in the feet, hands and ears. Reflexology is a scientific art based on the premise that there are zones and reflex areas in the feet, hands and ears which correspond to all parts of the body. The physical act of applying specific pressures using the thumb, fingers and hand techniques results in reduction of stress which in turn causes physiological changes in the body. A primary benefit of reflexology is relaxation. Relaxation through reflexology helps the body return to a state of balance, or homeostasis, where the body is able to function more efficiently!

Reflexology promotes balance, reduces stress, and improves circulation which improves the delivery of nutrients and oxygen to all the cells of the body.

Reflexologists do not diagnose or treat specific illnesses and can not prescribe or adjust medications. Reflexology is not a substitute for medical treatment, but is a compliment to most types of therapy or treatment.

I will not disclose any of your medical and/or session notes to anyone without your written consent. Our time together is important to me. I agree to cancel any appointment 24 hours in advance unless there is an emergency. If I chose to cancel an appointment with less than 24 hours notice I understand I will be responsible to pay for the treatment time.

Signature: _____ Date: _____