



PATIENT DATA:

Name and surname:.....

Pesel (Polish Resident Identification Number) and the number of the document confirming identity.....

legal guardian data (in case of under aged person):.....

sex:.....

address:.....

phone numer:.....

invoice data (optional):.....

email (optional):.....

THE LIST OF CONTRAINDICATIONS:

Absolut contraindications for performing massage

- | | |
|---|--|
| • colds and infections with increased body temperature (above 38 C degree) | YES / NO |
| • haemorrhage or tendencies to haemorrhage | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • cancerous changes (massage possible only after the written consent of the oncologist) | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • epilepsy | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • unregulated hypertension | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • infectious skin diseases | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • fresh post-traumatic bone conditions (fractures, cracks) | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • acute inflammations proceeding with high pain | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • congenital bone fragility, advanced osteoporosis | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • peptic ulcer and duodenum in the acute phase with bleeding | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • hepatic and kidney stones | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • vascular aneurisms | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • decompensated heart difect | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • post-myocardial infarction | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • inflammation of pancreas | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • thrombosis, embolism | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • jaundice | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • tuberculosis, angina pectoris and asthma in the acute phase | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • varicose veins of lower limbs with ulceration and wounds | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • oedema of unknown origin | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • patient under influence psychotropic drugs | <input type="checkbox"/> YES / <input type="checkbox"/> NO |
| • pregnancy (massage possible only after gynecologist consent) | <input type="checkbox"/> YES / <input type="checkbox"/> NO |

Relative contraindications (do not exclude the performance of the massage)

- lower limbs varicose without ulceration YES / NO
- bursting blood vessels and bruising tendency YES / NO
- open wounds, skin breakdown YES / NO
- unstable hypertension and above 160/95 mgHg YES / NO
- accelerated heart rate YES / NO
- undergone stoke, brain haemorrhage YES / NO
- post-myocardial infarction YES / NO
- allergies YES / NO
- metal elements in the body YES / NO
- swelling, bruising YES / NO

- others.....

The therapist shall be informed about ALL contraindications to perform the massage. If the patient has coexisting conditions not included on the above mentioned contraindications list, they should inform about this fact during the consultation. The concealment of any illness may have adverse health effects.

Possible side effect appearing after the massage

- General tiredness and drowsiness
- Muscle pain in the massaged area lasting even for a few days
- Bruising
- Slight subfebrile state
- Shivers
- Other symptoms not mentioned above may occur. They are individual reaction to the massage.

I declare that I have read the list of contraindications for the massage and the list of possible side effects. I have not concealed any of the mentioned and not mentioned diseases. I am aware of possible side effects and the possibility of non-standard symptoms appearance.

Warsaw, date

Signature