



# wellness lounge

Chiropractic • Massage • Acupuncture  
Nutrition • Yoga Treatment

Welcome,

We would like to take a moment to welcome you to the wellness lounge. Whether you are here for a one-time visit, or are looking for a long-term comprehensive health solution, we look forward to our role in your care. Attached are questions that assist our staff in understanding “where you are coming from” and how we can best serve you.

The Wellness Lounge strives to encompass all aspects of your being to bring whole health to your mind, body, and spirit. One’s optimum health potential will be reached when balance exists between these three components. Pain and disease are often symptoms, which are a result from imbalance in our lives. This form will aid us in discovering where your imbalance and symptoms are so we can work together to resolve them.

Our goal is to provide you with an atmosphere that is both relaxing and comfortable. A place you may receive the healing benefits of massage and chiropractic.

Thank you for taking this opportunity to care for yourself. We cannot give what we do not have so your investment in yourself is a blessing to your friends and family.

In health and happiness,

The Wellness Lounge Staff

# THE WELLNESS LOUNGE

## CLIENT INFORMATION:

Name:	_____	_____	_____
	LAST	FIRST	MIDDLE
Address:	_____	_____	_____
	STREET	CITY	STATE ZIP CODE
Date of Birth:	_____	Age: _____	Astrological Sign: _____
Gender:	_____	MARITAL STATUS _____	Preferred Language Spoken _____
Occupation:	_____	Employer: _____	
Hours worked per week?:	_____	Social Security #: _____ - _____ - _____	
		(For Insurance Patients Only)	

## CONTACT INFORMATION:

Cell Phone #:(____)____-_____	Work Phone #:(____)____-_____
Home Phone #:(____)____-_____	
Would you like to receive appointment confirmations and reminders via text message? _____	
Email Address: _____	
Emergency Contact: _____	Home Phone #:(____)____-_____
	NAME & RELATION

## HOW DID YOU FIND US? \_\_\_\_\_

### DO YOU CURRENTLY RECEIVE ANY OF THESE COMPLEMENTING HEALTHCARE PRACTICES?

- |                                      |   |  |
|--------------------------------------|---|--|
| <input type="checkbox"/> ACUPUNCTURE | <input type="checkbox"/> HOMEOPATHY       | <input type="checkbox"/> CHIROPRACTIC  |
| <input type="checkbox"/> NATUROPATHY | <input type="checkbox"/> POLARITY THERAPY | <input type="checkbox"/> PSYCHOTHERAPY |
| <input type="checkbox"/> REFLEXOLOGY | <input type="checkbox"/> REIKI            | <input type="checkbox"/> YOGA          |

Other: \_\_\_\_\_

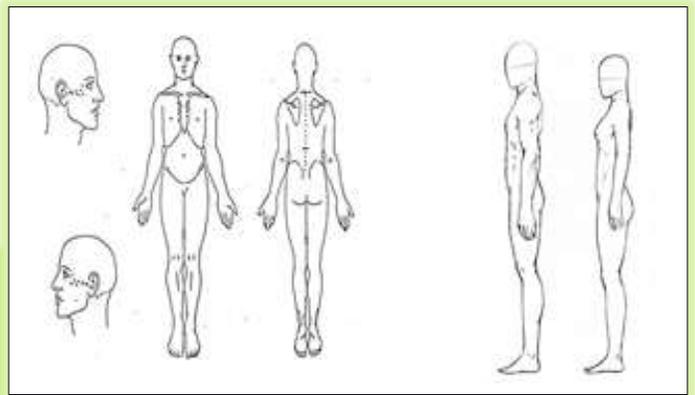
### Which of the following Professional Wellness Lounge Healers are you *initially* seeking?

- CHIROPRACTIC     ACUPUNCTURE     NUTRITIONAL  
 MASSAGE THERAPY

### ARE YOU INTERESTED IN ANY ADDITIONAL SERVICES AT THE WELLNESS LOUNGE?

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> ACUPUNCTURE     | <input type="checkbox"/> CHIROPRACTIC        | <input type="checkbox"/> CHIROPASSAGE       |
| <input type="checkbox"/> MASSAGE THERAPY | <input type="checkbox"/> NUTRITIONAL CONSULT | <input type="checkbox"/> PPREGNANCY MASSAGE |
| <input type="checkbox"/> ACUSSAGE        | <input type="checkbox"/> YOGA TREATMENT      | <input type="checkbox"/> COUPLE'S MASSAGE   |

Please Circle Your  
Problematic Areas  
On The Diagram To  
The **RIGHT**.



What is your primary reason for seeking care at our office today? \_\_\_\_\_

When did this problem begin? \_\_\_\_\_

### Rate Your PAIN LEVEL on a Scale of 1-10:

1    2    3    4    5    6    7    8    9    10

HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ BLOOD PRESSURE \_\_\_\_\_

### CHIROPRACTIC HISTORY:

- Have you received chiropractic treatment in the past?  YES  NO  
If Yes, what was the date of your last visit/treatment: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_
  - Do you perform any repetitive movement in your work, school, sports, or hobbies causing pain or discomfort?  YES  NOEXPLAIN: \_\_\_\_\_

### MASSAGE THERAPY HISTORY:

- Have you received a professional massage in the past?  YES  NO
  - If Yes, what was the date of your last visit/treatment: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_
  - Do you have difficulty lying on your back or stomach?  YES  NO
  - Do you have allergies to nuts, oils, lotions, or ointments?  YES  NO
- EXPLAIN ALLERGIES: \_\_\_\_\_

### ACUPUNCTURE HISTORY:

- Have you received a professional acupuncture in the past?  YES  NO
  - If Yes, what was the date of your last visit/treatment: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_
  - Do you have difficulty lying on your back or stomach?  YES  NO
  - Do you have allergies? EXAMPLES: oils, lotions, ointments, medications, or herbs?  YES  NO
- EXPLAIN ALLERGIES: \_\_\_\_\_

Are you currently taking any medications?  YES  NO

Are you currently taking any supplements and/or regular vitamins?  YES  NO

- If yes, please list name[s] and reason[s] for medications/supplements/vitamins: \_\_\_\_\_

Please list ANY past OR future surgery procedures, with the corresponding surgery dates: \_\_\_\_\_

Please list any pertinent family medical history : \_\_\_\_\_

Do you experience stress in your work, family, or any other aspect of life?  YES  NO

- How do you think it has affected your health?  MUSCLE TENSION  ANXIETY  INSOMNIA  IRRITABILITY

OTHER: \_\_\_\_\_



# COMPLETE HEALTH HISTORY:

**Please review this list and check those conditions that have affected your health:**

*\*Either recently OR in the past, please place a check mark next to the condition\**

## MUSCULOSKELETAL:

- BONE OR JOINT DISEASE
- TENDONITIS / BURSITIS
- ARTHRITIS / GOUT
- JAW PAIN (TMJ)
- LUPUS
- SPINAL PROBLEMS

EXPLAIN: \_\_\_\_\_

OTHER: \_\_\_\_\_

\_\_\_\_\_

## DIGESTIVE:

- IRRITABLE BOWEL SYNDROME
- ULCERS
  - BLEEDING
  - NON-PERFORATED
- OTHER:

\_\_\_\_\_

\_\_\_\_\_

## SKIN:

ALLERGIES: \_\_\_\_\_

\_\_\_\_\_

RASHES

ATHLETES FOOT

HERPES / COLD SORES

OTHER: \_\_\_\_\_

\_\_\_\_\_

## NERVOUS SYSTEM:

- SHINGLES
- NUMBNESS
- TINGLING
- PINCHED NERVE
- LOSS OF USE IN ANY EXTREMITY
- OTHER: \_\_\_\_\_

\_\_\_\_\_

## CIRCULATORY:

HEART CONDITION: \_\_\_\_\_

PHLEBITIS / VARICOSE VEINS

BLOOD CLOTS

HIGH BLOOD PRESSURE

LOW BLOOD PRESSURE

LYMPHEDEMA

THROMBOSIS / EMBOLISM

AIDS / HIV

OTHER: \_\_\_\_\_

## RESPIRATORY:

BREATHING DIFFICULTY / ASTHMA

EMPHYSEMA

SINUS PROBLEMS:

RESPIRATORY ALLERGIES: \_\_\_\_\_

OTHER: \_\_\_\_\_

\_\_\_\_\_

## REPRODUCTIVE:

PREGNANT

STAGE (IF CURRENTLY PREGNANT): \_\_\_\_ MONTHS.

OVARIAN / MENSTRUAL PROBLEMS

PROSTATE PROBLEMS

OTHER: \_\_\_\_\_

\_\_\_\_\_

## OTHER:

CANCER

TUMORS

BLADDER / KIDNEY AILMENT

DIABETES

CHRONIC DRUG USE

ALCOHOLISM / CHRONIC ALCOHOL USE

CHRONIC FATIGUE

CHRONIC PAIN

SLEEP DISORDER: \_\_\_\_\_

MEDICATION: \_\_\_\_\_

MIGRAINES / HEADACHES

ANXIETY / STRESS SYNDROME / P.T.S.D.

MEDICATION: \_\_\_\_\_

DEPRESSION

MEDICATION: \_\_\_\_\_

CONTACT LENSES / GLASSES

**I have completed the above health history to the best of my knowledge and will inform my health practitioner of any change in my physical or mental health.**

**(Sign Name):** \_\_\_\_\_

**(Print Name):** \_\_\_\_\_

## **NOTE TO PATIENT:**

When a patient seeks chiropractic, massage, or acupuncture health care, and we accept that patient for such care, it is ESSENTIAL for BOTH patient and practitioner, to be working toward the SAME health objective. The ultimate goal of the chiropractic treatment is to remove subluxations in the spine that interfere with the expression of the body's innate intelligence. The intent of massage therapy is to decrease muscle tension and increase blood flow to the affected area, while promoting relaxation. It is important that the patient understands the method by which the body is healed through chiropractic, massage therapy, or acupuncture, in order to prevent any confusion or disappointment.

### **CHIROPRACTIC ADJUSTMENT:**

An Adjustment is the specific application of force to facilitate the correction of subluxation. Our chiropractic method of correction is through specific, and various, adjustments of the spine. Vertebral Subluxation: A misalignment of one or more of the twenty four vertebra in the spinal column. This leads to the alteration of the nerve function, which interferes with the transmission of mental impulses, ultimately lessening the body's innate ability to express its full health potential.

### **MASSAGE THERAPY:**

One of the most appreciated results from therapeutic massage is the relief from chronic pain. For people with chronic pain, inability to work due to disabilities caused by accidents, repetitive use, or a life time of undesirable posture, massage therapy can help to alleviate experienced problems, or be used as a preventative measure. While no one modality of treatment can guarantee 100% success, more people than not can recover from constricted movement and pain patterns. Occasionally, one treatment will resolve a problem. Usually, several treatments will bring about extended benefit, with the intent of permanent resolution.

### **ACUPUNCTURE:**

Your initial acupuncture session starts as a health and wellness assessment that emphasizes health history and current symptoms. At that time we look at health goals and physical, mental, and emotional assessment. Your initial session includes a consultation of nutrition and exercise. Next we determine any imbalances in pulse, tongue and physical symptoms.

## **CONSENT TO INITIATE CARE**

I understand that a chiropractor, massage therapist, acupuncturist, and/or nutritionist, cannot diagnose any illness, emotional/mental disorder, or disease, and I am responsible for consulting the medical doctor, or primary care physician for the purpose of diagnosing any additional physical/mental ailments that I may have.

I further understand that Chiropractic adjustments and supportive treatment is designed to reduce and/or correct subluxations allowing the body to return to improved health. It can also alleviate certain symptoms through a conservative approach with hopes to avoid more invasive procedures. However, like all other health modalities, results are not guaranteed and there is no promise to cure. Accordingly, I understand that all payment(s) for treatment(s) are final and no refunds will be issued.

I understand and I am informed that, as is with all healthcare treatments, results are not guaranteed and there is no promise to cure. I further understand and I am informed that, as is with all Healthcare treatments, in the practice of chiropractic there are some risks to treatment, including, but not limited to, muscle spasms for short periods of time, aggravating and/or temporary increase in symptoms, lack in improvement of symptoms, fractures, disc injuries, strokes, dislocations and sprains. I do not expect the doctor to be able to anticipate and explain all risks and complications, and I wish to rely on the doctor to exercise judgment during the course of the procedure which the doctor feels at the time, based upon the facts then known, is in my best interests.

We may disclose your public health information to another Wellness Lounge healthcare provider, transport company, community agency, family member or other third party to provide and/or coordinate health care services and treatments.

I clearly understand AND agree that all services rendered to me are charged directly to me, and that I am personally responsible for payment of those services, unless otherwise arranged through a secondary source.

IE: Insurance Coverage

I understand that if I arrive late, my session will end at the originally scheduled time, so that the client following me is not penalized.

PATIENT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



# THE WELLNESS LOUNGE

**PLEASE NOTE:**

We Do Not Diagnose Any Disease or Condition Other Than Vertebral Subluxation.

## **CANCELLATION/ NO SHOW POLICY**

Your appointment time is reserved *especially* for you. We understand that there are times when you must miss an appointment due to emergencies or obligations for work or family.

However, when you do not call to cancel an appointment you may be preventing another patient from getting much needed treatment. Please call (858) 245-6049 at least 24 hours prior to your scheduled appointment if you will be unable to keep your appointment. This allows the therapists to offer that time to another patient.

**If an appointment is not cancelled without at least 24 hours in advance you will be charged a twenty-five dollar (\$25) fee; this will not be covered by your insurance company.**

I agree to give a 24-hour notice for any scheduled session, and I am aware that I may be charged the full fee for any missed session, or for sessions that I do not give a 24-hour cancellation to reschedule.

PATIENT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_ / \_\_\_ / \_\_\_

*Please Provide Your Credit Card/Debit Card Information Below In Case of No Show :*

CARDHOLDER NAME: \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_

EXP: \_\_\_/\_\_\_ SEC. CODE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

