

Balanced Bodycare, PLLC - Holly Glennon RN/BSN, LMT  
Nationally Certified Reflexologist / Cranio-Sacral Reflexologist  
1801 West Bay Drive, NW Suite #208B  
Olympia, WA 98502

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: \_\_\_\_\_