



the well

FOR WOMEN

Covid-19 Recovery Intake Form

We hope to aid you in your recovery to wellness through massage. Please sign below that you have read and understand the following procedures:

- We require a written note from doctor that you are not communicable at the time of appointment.
- We will proceed with your massage only if you do not have observable signs of DVT (e.g., unilateral redness, swelling, leg pain).
- Together we will establish that you do not have new (that is, since your infection) pain with exertion (e.g., shortness of breath, chest pain, dizziness, headache, cramping).
- We will work especially lightly over any skin lesions like rashes or petechiae (and of course avoid skin that is not intact).
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- We will work especially lightly if you use anticoagulants, either as a preventive or as treatment.
- We will work gently to start, and check the next day to see how the massage was tolerated. We will then be able to increase the intensity of massage gradually, over the course of several sessions.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Therapist Signature \_\_\_\_\_ Date \_\_\_\_\_