

Upright Rolfing
New Client Intake Form

Name (Print) _____ Phone () _____ Date of Birth _____

Address _____ City _____ State _____ Zip _____

Email _____ Occupation _____

What brings you to Rolfing and what do you hope to experience from the work? _____

How did you hear about me? (*ie- yelp/Rolf Institute website/google search/walk by/referral*) _____

Have you been Rolfed? Yes ___ No ___ How many sessions? _____ Are you under the care of a physician? _____

For what condition(s)? _____ Does he/she approve of your being Rolfed? _____

Are you on any medication prescribed by a physician? Yes ___ No ___ What _____

Do you use aspirin or other non-prescription drugs? Yes ___ No ___ What type and how often? _____

Are you currently involved with any type of physical or mental therapy? (acupuncture, psychotherapy, massage, etc)

Do you exercise? Yes ___ No ___ What kind of exercise and how often? _____

What is your diet generally like? _____

How do you like to relax? _____ Do you feel tired very often? _____

How is your sleep at night? _____ What are stressors in your life right now? _____

How does your livelihood or your habits/hobbies affect your body? _____

Do you have any chronic complaints? (things you have accepted as a constant, ie headaches, constipation, anxiety)?

Please list any operations, accidents, injuries or serious illness that you have had _____

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Are you pregnant? Yes ___ No ___ Trying to get pregnant? Yes ___ No ___

ANY HISTORY OF:

Please check next to any that apply to you.

- | | | |
|---|---|--|
| <input type="checkbox"/> Heart Condition | <input type="checkbox"/> Cancer | <input type="checkbox"/> Birth Defects |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Genito-Urinary Disorder |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Respiratory Disorder | <input type="checkbox"/> Multiple Sclerosis |
| <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Asthma | <input type="checkbox"/> Mental/Nervous Disorder |
| <input type="checkbox"/> Ulcer/Digestive Disorder | <input type="checkbox"/> Epilepsy | |

Please elaborate on any checked answers to the history above

What is something you value about your current structure and/or body? _____

What are 3 wishes for your 10 series or Rolfing experience? _____

Additional information and/or comments you would like to add: _____

I fully understand the purpose of Rolfing Structural Integration is to balance and align the physical body so that it is supported and maintained by gravity in three-dimensional space. This is done through direct manipulation and education so that greater economy of body-movement is achieved. I understand Rolfing is not involved with the treatment of disease of any kind, nor does it substitute for medical diagnosis or treatment when such attention is needed. The Rolfer does not treat, prescribe or diagnose an illness, disease, or any other physical or mental disorder of the person. Nothing said or done by a Rolfer should be misconstrued to be such. I understand it is necessary for the Rolfer to touch my body in order to assist me in establishing balance and alignment in my body.

***I understand that Rolfing Structural Integration is a process and is not effective as a "quick fix" for chronic complaints. This process is interactive and requires practice and awareness from the client. ***

****I understand that this work is most effective if the assigned "homework" and practices are incorporated into daily life. ****

____ (initial here) **IN CASE OF CANCELLATION:** I agree to give 24 hours advance notice of scheduled session, or to assume responsibility for payment of the session (\$150.)

SIGNED _____ DATE _____