

# Client Consultation Form

## iUSP149 – Sports massage

<b>Centre name:</b>	
<b>Centre number:</b>	
<b>Learner name:</b>	
<b>Learner number:</b>	
<b>Date:</b>	

<b>Client name:</b>		
<b>Address:</b>		
<b>Profession:</b>		
<b>Telephone number:</b>	Day:	
	Evening:	

<b>Personal details:</b>						
<b>Age group:</b>	Under 20 <input type="checkbox"/>	20 – 30 <input type="checkbox"/>	30 – 40 <input type="checkbox"/>	40 – 50 <input type="checkbox"/>	50 – 60 <input type="checkbox"/>	60+ <input type="checkbox"/>
<b>Lifestyle:</b>	Active <input type="checkbox"/>			Sedentary <input type="checkbox"/>		
<b>Last visit to the doctor:</b>						
<b>GP Address:</b>						
<b>Number of children:</b> <i>(If applicable)</i>						
<b>Date of last period:</b> <i>(If applicable)</i>						

**Contra-indications requiring medical permission – Never treat unless the injury has been diagnosed and treatment has been recommended by a medical practitioner.**

Pregnancy <input type="checkbox"/>	Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) <input type="checkbox"/>	Haemophilia <input type="checkbox"/>
Any condition already being treated by a GP or another health professional, e.g. physiotherapist, osteopath, chiropractor or coach <input type="checkbox"/>	Medical oedema <input type="checkbox"/>	Osteoporosis <input type="checkbox"/>
Arthritis <input type="checkbox"/>	Nervous/Psychotic conditions <input type="checkbox"/>	Epilepsy <input type="checkbox"/>
Recent operations <input type="checkbox"/>	Diabetes <input type="checkbox"/>	Asthma <input type="checkbox"/>
Any dysfunction of the nervous system (e.g. Multiple sclerosis, Parkinson's disease, Motor neurone disease) <input type="checkbox"/>	Bell's palsy <input type="checkbox"/>	Trapped/pinched nerve (e.g. sciatica) <input type="checkbox"/>
Inflamed nerve <input type="checkbox"/>	Cancer <input type="checkbox"/>	Postural deformities <input type="checkbox"/>
Spastic conditions <input type="checkbox"/>	Kidney infections <input type="checkbox"/>	Whiplash <input type="checkbox"/>
Slipped disc <input type="checkbox"/>	Undiagnosed pain <input type="checkbox"/>	When taking prescribed medication <input type="checkbox"/>
Acute rheumatism <input type="checkbox"/>		

**Contra-indications that restrict treatment – (Select if/where appropriate):**

Fever <input type="checkbox"/>	Contagious or infectious diseases <input type="checkbox"/>	Under the influence of recreational drugs or alcohol <input type="checkbox"/>
Diarrhoea and vomiting <input type="checkbox"/>	Skin diseases <input type="checkbox"/>	Undiagnosed lumps and bumps <input type="checkbox"/>
Localised swelling <input type="checkbox"/>	Inflammation <input type="checkbox"/>	Varicose veins <input type="checkbox"/>
Pregnancy (abdomen) <input type="checkbox"/>	Cuts <input type="checkbox"/>	Bruises <input type="checkbox"/>
Abrasions <input type="checkbox"/>	Scar tissues (2 years for major operation and 6 months for a small scar) <input type="checkbox"/>	Sunburn <input type="checkbox"/>
Hormonal implants <input type="checkbox"/>	Abdomen (first few days of menstruation depending how the client feels) <input type="checkbox"/>	Haematoma <input type="checkbox"/>
Hernia <input type="checkbox"/>	Recent fractures (minimum 3 months) <input type="checkbox"/>	Cervical spondylitis <input type="checkbox"/>
Gastric ulcers <input type="checkbox"/>	After a heavy meal <input type="checkbox"/>	

**Written permission required by GP/SPECIALIST:**

Which should be attached to the consultation form

GP/Specialist <input type="checkbox"/>	Informed consent <input type="checkbox"/>	
--	---	--

Personal information – (Select if/where appropriate):				
Muscular/Skeletal problems:	Back <input type="checkbox"/>	Aches/Pain <input type="checkbox"/>	Stiff joints <input type="checkbox"/>	Headaches <input type="checkbox"/>
Digestive problems:	Constipation <input type="checkbox"/>	Bloating <input type="checkbox"/>	Liver/Gall bladder <input type="checkbox"/>	Stomach <input type="checkbox"/>
Circulation:	Heart <input type="checkbox"/>	Blood pressure <input type="checkbox"/>	Fluid retention <input type="checkbox"/>	Tired legs <input type="checkbox"/>
	Varicose veins <input type="checkbox"/>	Cellulite <input type="checkbox"/>	Kidney problems <input type="checkbox"/>	Cold hands and feet <input type="checkbox"/>
Gynaecological:	Irregular periods <input type="checkbox"/>	P.M.T <input type="checkbox"/>	Menopause <input type="checkbox"/>	H.R.T <input type="checkbox"/>
	Pill <input type="checkbox"/>	Coil <input type="checkbox"/>	Other:	
Nervous system:	Migraine <input type="checkbox"/>	Tension <input type="checkbox"/>	Stress <input type="checkbox"/>	Depression <input type="checkbox"/>
Immune system:	Prone to infections <input type="checkbox"/>	Sore throats <input type="checkbox"/>	Colds <input type="checkbox"/>	Chest <input type="checkbox"/>
	Sinuses <input type="checkbox"/>			
Regular antibiotic/medication taken?				
If yes, which ones:			Yes <input type="checkbox"/>	No <input type="checkbox"/>
Herbal remedies taken?				
If yes, which ones:			Yes <input type="checkbox"/>	No <input type="checkbox"/>
Ability to relax:	Good <input type="checkbox"/>	Moderate <input type="checkbox"/>	Poor <input type="checkbox"/>	
Sleep patterns:	Good <input type="checkbox"/>	Poor <input type="checkbox"/>	Average no. of hours:	
Do you see natural daylight in your workplace?	Yes <input type="checkbox"/>	No <input type="checkbox"/>		
Do you work at a computer?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	If yes how many hours:	
Do you eat regular meals?	Yes <input type="checkbox"/>	No <input type="checkbox"/>		
Do you eat in a hurry?	Yes <input type="checkbox"/>	No <input type="checkbox"/>		
Do you take any food/vitamin supplements?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	If yes, which ones:	
How many portions of each of these items does your diet contain per day?	Fresh fruit:	Fresh vegetables:	Protein:	Source:
	Dairy produce:	Sweet things:	Added salt:	Added sugar:

How many units of these drinks do you consume per day?	Tea:	Coffee:	Fruit juice:	Water:
	Soft drinks:	Other:		
Do you suffer from food allergies?	Yes <input type="checkbox"/>	No <input type="checkbox"/>		
Bingeing	Yes <input type="checkbox"/>	No <input type="checkbox"/>		
Overeating	Yes <input type="checkbox"/>	No <input type="checkbox"/>		
Do you smoke?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	How many per day:	
Do you drink alcohol?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	How many units per day:	
Do you exercise?	None <input type="checkbox"/>	Occasional <input type="checkbox"/>	Irregular <input type="checkbox"/>	Regular <input type="checkbox"/>
	Type:			
What is your skin type?	Dry <input type="checkbox"/>	Oily <input type="checkbox"/>	Combination <input type="checkbox"/>	Dehydrated <input type="checkbox"/>
Do you suffer/ have you suffered from:	Dermatitis <input type="checkbox"/>	Acne <input type="checkbox"/>	Eczema <input type="checkbox"/>	Psoriasis <input type="checkbox"/>
	Allergies <input type="checkbox"/>	Hay fever <input type="checkbox"/>	Asthma <input type="checkbox"/>	Skin cancer <input type="checkbox"/>
Stress level: 1-10 (10 being the highest)	At work:		At home:	

**Physical examination:**

Head:

Shoulders:

Back:

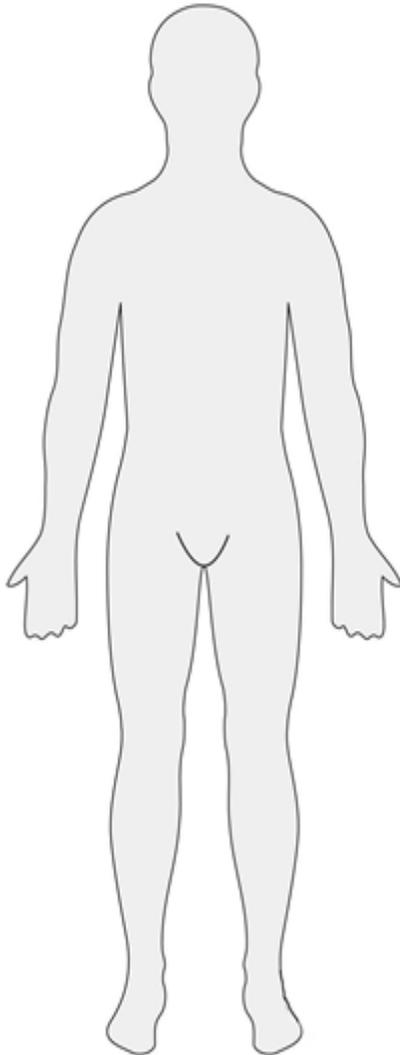
Pelvis:

Legs:

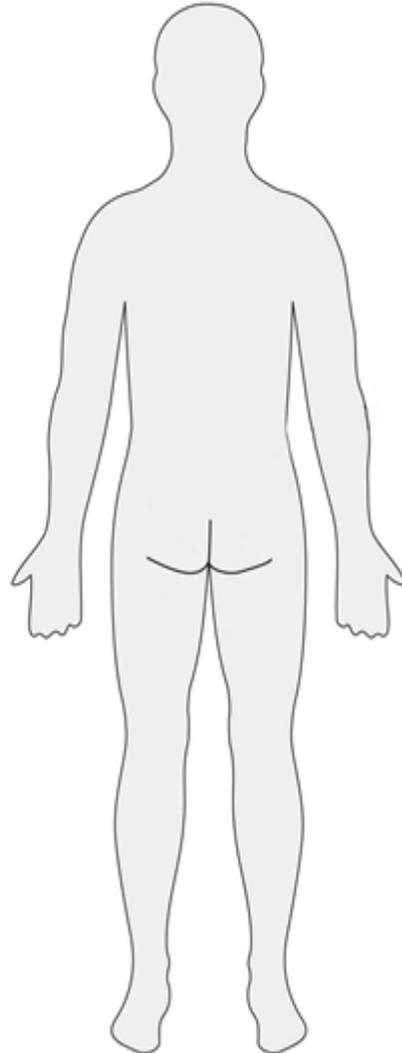
Feet:

Body alignment/  
posture:

Front View



Back View



Assessment:	
Rationale for treatment:	
Treatment:	
How the client felt during the treatment:	
How the client felt after the treatment:	

Home care advice given:	
Reflective practice:	

**Therapist/learner signature:** \_\_\_\_\_

**Client signature:** \_\_\_\_\_

---

## iUSP149 – Follow-up sheet

Assessment:	
Rationale for treatment:	
Treatment:	
How the client felt during the treatment:	
How the client felt after the treatment:	
Home care advice given:	
Reflective practice:	
Date of treatment:	

---

## iUSP149 – Follow-up sheet

Assessment:	
Rationale for treatment:	
Treatment:	
How the client felt during the treatment:	
How the client felt after the treatment:	
Home care advice given:	
Reflective practice:	
Overall conclusion:	

**Date of treatment:** \_\_\_\_\_

## Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator