



The Arvigo Techniques of Maya Abdominal Therapy™
Confidential Intake Form

Practitioner: DO NOT send this page with your case study report – for your records ONLY

Date of Initial Visit _____

Name: _____

Address _____

Cell _____ email _____

Date of Birth _____ Age _____ Occupation _____

Marital/Relationship status _____ Referred by _____

Client Confidentiality and Release Form

I understand this modality is not a replacement for medical care. The practitioner does not diagnose medical illness, disease or other physical or mental conditions unless specified under his/her professional scope of practice. As such, the practitioner does not prescribe medical treatment of pharmaceuticals, nor does he/she perform spinal manipulations (unless specified under his/her professional scope of practice). The practitioner may recommend referral to a qualified health care professional for any physical or emotional conditions I may have. I have stated all my known conditions and take it upon myself to keep the therapist/practitioner updated on my health.

Confidentiality of medical and personal information obtained during the course of the practitioner's work is of the utmost importance. HIPAA regulations require all practitioners obtain a signed release form from their client *before* taking any information about them. The best way to be fully compliant is to obtain this release signature at the initial consultation. Clients should receive a copy of the form they signed (upon request), and the practitioner maintains a copy for their records

I, (name) _____

give my permission, for my practitioner to take notes including health history/ medical and /or personal information I choose to disclose to him/her. I understand this information may be used for the purpose of practitioner certification and/or may be shared with the Arvigo Institute, LLC for statistical data collection only. All relevant identifying information will not be disclosed, such as name, address, social security number, date of birth.

Client Signature: _____ Date: _____

Practitioner signature _____ Date: _____

Client Initials: _____ Case Study # _____ Age _____ Male _____ Female _____
Date of Visit: _____ Practitioner Name _____

Reason for Visit:

Primary reason for visit: _____

When did your first notice it? _____

What brought it on? _____

Describe any stressors occurring at the time _____

What activities provide relief? _____

What makes it worse? _____

Is this condition getting worse? _____

Does this condition interfere with you work _____ sleep _____ recreation _____

Have you had massage/bodywork before? _____ What type? _____

Medical History:

Are you currently under the care of another health care provider(s)? _____ Reason (s) _____

Name(s) of Practitioner _____

Phone _____

Current Medications and /orSupplements/Remedies: _____

Allergies: specify allergen and reaction: _____

Surgical History (year and type) and/or Recent Procedures: _____

Hospitalizations: _____

Accidents or Traumas _____

Falls/Injuries to Sacrum/head/tailbone (describe) _____

Other:

Please review and check the following:

	Past	Present		Past	Present
Headaches Type:			Numbness in feet or legs when sta		
Asthma			Sore heels when walking		
Cold Hands or feet			Anxiety		
Swollen ankles			Depression		
Sinus Conditions Frequent Colds			Sleep Disturbance		
Seizures			Fainting Spells		
Low Back Pain			Muscular Tension: Location:		
Skin Disorders: Type			Varicose Veins Hemorrhoids Location		
Sciatica			Herniated/Bulging Discs		
Painful/Swollen Joints			Artificial/Missing limbs		
High or Low Blood Pressure			Contact Lenses		
Dentures/Partials			Cancer (past or current) Type		

Family History

	Still Living?	Cause and Age of Death	Major Health Issues
Mother			
Father			
Siblings			
Maternal Grandmother			
Maternal Grandfather			
Paternal Grandfather			
Paternal Grandmother			

Gastrointestinal Health History

Describe your typical:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____ Water Intake(glasses/day) _____ Caffeine _____

What is the worst item in your diet _____ What foods are your weakness _____

Are you subject to binge eating? _____ What foods _____

Do you experience bloating/gas/burps after eating? _____ What foods trigger this? _____

Food Allergies? _____ Describe _____

How often are your bowel movements? _____ Do your stools: sink _____ float _____

Constipation? _____ Blood in stool? _____ Mucus in stool? _____ Pain when stooling? _____

Diarrhea? _____ Other? _____

Lifestyle, Emotional, Spiritual Health

What is your opinion of yourself? _____

Describe the most positive emotion you experience _____

When and Where do you experience this emotion? _____

Describe the most negative emotion you experience _____

When and Where do you experience this emotion? _____

Describe your Spiritual and/or Religious practice: _____

On a scale of 1 – 10 (1 being the lesser, 10 the greater) Please rate yourself in each of these qualities:

Faith _____ Hope _____ Charity _____ Generosity _____ Sense of Humor _____ Fear _____ Grief _____ Sense of Fun _____

What hobbies/ activities provide you with pleasure and accomplishment _____

Describe your exercise routine (type, frequency) _____

What changes would you like to achieve in 6 months: _____

One Year: _____

Do you use Tobacco? _____ Quantity _____ /ppd Alcohol? _____ Quantity _____ ounces/ day

Marijuana? _____ Quantity _____ Other: _____

Have you been under treatment for substance use?

Female Reproductive Health History

Method of Contraception (circle)

pills

patch

diaphragm

injection

condoms

IUD

abstinence

rhythm method

Fertility Awareness

Other: _____

Length of time using method _____

Last Pap smear _____ Results _____

Are now or in the past experiencing Fertility Challenges? Yes ___ No ___

Describe your treatment : _____

(IUI, IVF, etc) _____

Menstrual History Review and check as indicated:

Age of Menses: _____

What was this like for you? _____

Last Menstrual Period: _____

Length of Menses _____

Are you trying to Conceive? Yes ___ No ___

Are you Pregnant? Yes ___ No ___ Unsure ___

Painful Periods	Past	Present	Irregular cycles Early Late	Past	Present
	Heaviness in Pelvis prior to menses				Dark Thick Blood at: Beginning End Both
Excessive Bleeding Pads per Hour			Headache or Migraine with menses		
Dizziness			Bloating		
Water Retention			Ovulation: Painful Failure to		
Endometriosis Location (if known)			Fibroids Location (if known)		
Uterine or Cervical Polyps			Uterine Infection(s)		
Vaginal Infection(s)			Cysts Location:		
Bladder Infection(s)			Urinary Incontinence		
Painful Intercourse			Vaginal Dryness		
Episodes of Amenorrhea How long?					

Rate your interest in Sex: High _____ Moderate _____ Low _____ None _____

Do you have or ever had difficulty experiencing orgasms _____

Have you experienced trauma? Yes ___ No ___ Describe _____

Did you undergo counseling for this _____

What was this like for you _____

Pregnancy History

Number of Pregnancies: _____ Dates _____ Miscarriage(s) _____ Dates _____ Termination(s) _____ Dates: _____

Number of Births: _____ Dates: _____

Complications for any of the above, describe: _____

Premature Births? _____ Spotting During Pregnancy? _____ Weak Newborns? _____ Incompetent Cervix? _____
 Episiotomy _____ Cesarean _____ Tear _____

Describe your experience with:

Pregnancy: _____

Labor: _____

Birth: _____

Post Partum: _____

Maternal Family History of (*please circle*) Infertility Fibroids Endometriosis PMS Menopause

Cancer(type) _____ Menstrual Problems _____ Other _____

Medications your mother took when she was pregnant with you (if any) _____

Your Birth Trauma (if known) _____

Menopause

Age symptoms began: _____ Are they getting worse _____ better _____ same _____

Are you on/ or ever been on hormone replacement therapy? _____ if so, how long _____

Name and dose _____

Reason for stopping _____

Age of Mother at menopause: _____ Concerns/Experience _____

Check the following symptoms that apply to you:

Hot flashes	Insomnia	Fatigue	Memory Loss	Mood Swings
Vaginal Discharge	Dry Vagina	Depression	Anxiety	Irritability
Spotting	Flooding	Irregular Menses	Painful Intercourse	Increased Libido
Decreased Libido	Disturbed Sleep Pattern			

Additional Information you feel important your practitioner should know that is not mentioned here: