



Therapeutic Massage From The Heart Release Form 1

If you have or have had any of the high risk factors, complications, or conditions listed below, please discuss your condition with your physician or prenatal healthcare provider. Submit Release Form 1 and 2 at your next appointment.

High Risk Factors: (Please check all that apply)

- Pre-pregnancy diabetes
 - Cardiac disorders (heart or pulmonary problems)
 - Hypertension/high blood pressure
 - Thyroid disorder
 - Rh negative
 - Previous complications or pregnancy (see below)
 - Genetic disorder/DES exposure/uterine abnormalities
 - Multiple pregnancy
 - Mother's age under 20 or over 35
 - Asthma
 - Drug/alcohol use
 - Renal/liver/blood/convulsive disorders
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Pregnancy Complications: (Please check all that apply)

- Gestational Diabetes
 - Threatened miscarriage
 - Early labor
 - Placental dysfunctions
 - Cesarean birth (recent or planned)
 - Fetal development complications
 - Anemia
 - Pregnancy-induced hypertensive disorders (preeclampsia/eclampsia/toxemia)
 - Kidney, liver, and/or bladder disorders
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Non-Pregnancy Related Complications: (Please check all that apply)

- Cancer or undiagnosed lumps
 - Infection
 - Autoimmune disease
 - Other
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Contraindicated for affected areas only:

- Severe varicose veins
- Thrombophlebitis
- Skin irritation and/or discharge
- Fracture, bleeding, burns or other acute injury