

# Medical Referral



Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Telephone: 1: \_\_\_\_\_ 2: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Physician: \_\_\_\_\_

Treatment Recommendations: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Special Instructions: \_\_\_\_\_

\_\_\_\_\_

Contraindications: \_\_\_\_\_

\_\_\_\_\_

*Therapeutic Massage is indicated for the patient named above. I have read the Massage Technique Description and have noted any concerns or restrictions in the space provided. This referral does not constitute endorsement of or responsibility for the actions of the massage therapist.*

\_\_\_\_\_  
Physician's Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

## Massage Technique Description:

Massage Therapy involves manual manipulation of muscles, joints, and connective tissue. Techniques include gliding, kneading, stretching, vibration, deep stroking, deep friction, and sustained compression. At lighter pressure intensities (<20lbs.) massage therapy can reduce anxiety, ease tension in the muscles, boost the immune system, and invoke a sense of well-being in the client. At moderate pressures (20-40lbs.), massage can be effective in treating hypertonicity and muscles spasms. At the deepest level of pressure (>40lbs.), massage can address tissue adhesions, chronic inflammation, and joint restrictions. This rather invasive pressure may not be suitable for all patients. *See the Pressure Index below for more information.*

Some conditions require the massage therapist to make adjustments in the treatment plan. Common adjustments include: no pressure or decreased pressure on compromised tissues or systems, limiting stretching and range of motion exercises, alternative positioning of the client, using lotions without certain chemicals or minerals, and shortened durations.

Examples of a local absolute contraindication include but are not limited to: malignant tumor, DVT, open lesions, recent surgery scar, and acute trauma.

Examples of a systemic absolute contraindication include but are not limited to: impetigo and other highly contagious conditions, fever, acute stages of gout or arthritis, and a severely compromised immune system.

### Physician Contact Information (please print):

Physician Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Massage Technique Pressure Index	
<b>Intensity</b> ↑ ↓	<b>1</b> Lightest pressure, spreading lotion "across" skin. For clients with compromised skin, bone, or immune systems.
	<b>2</b> Light pressure, rubbing lotion "into" skin. Displacing adipose tissue and superficial muscles.
	<b>3</b> Firm pressure and kneading of superficial muscles, light displacement of joints.
	<b>4</b> Strong pressure on deeper muscles and displacement of joints, but still very comfortable for client.
	<b>5</b> Deepest pressure, pressing and stretching muscles and joints to their end-range. Can be uncomfortable, but should never be painful.