



**Debra Meredith**  
**Reflexology & PDM Reflex Therapy**  
**Hatchard's Way Manipulative Muscle Therapy & Massage at**  
 Suite 16, The Strand, 11 Bulcock Street,  
 Caloundra

**Ph: 0404 097 856**

## MEDICAL QUESTIONNAIRE

### Personal Details:

Name: ..... Contact Phone: .....  
 Address: ..... Contact Email: .....  
 ..... Age: .....  
 ..... Status: *single/married/partner/widowed/divorced*  
 Occupation: ..... Weight: .....*average/under/over*.....

**Medical History:** (NOTE: if you suffer from blood clots, have a pace maker or lymphatic cancer, please consult your doctor first)

Do you have any current health problems? Are you pregnant? Is there any pain or stiffness, where?

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 .....

### Have You Ever Had Any -

- Operations? YES/NO If yes, please specify *type* and *year*.

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 .....

- Broken Bones? .....

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 - Major Accidents or Falls? Any injuries sustained? .....

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 .....Do you have a pacemaker? .....

Have you had Reflexology before? YES/NO If yes, was it relaxing / painful / beneficial?

### Lifestyle:

Are you on any medication or natural remedy, or any special diet? YES/NO If yes, please list:

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 .....Cigarettes per day: .....

Cups/glasses fluid per day: Coffee: ..... Tea: ..... Water: ..... Alcohol: .....Other.....

Do You Exercise Regularly? YES/NO If yes, what type? .....

How Much? ..... How Often? .....

**How demanding are your work/lifestyle commitments? (How stressed are you?)**

Timewise ..... Physically .....

Mentally ..... Emotionally .....

**Would you describe yourself as emotionally stable?** .....

**How did you learn about Debra Meredith Reflexology?** .....

I understand my session results may be used anonymously to further the understanding of Reflexology. I realise that a Reflexologist is not a doctor and cannot prescribe, diagnose or treat for any specific condition. Reflexology relaxes tension which in turn helps to improve blood and nerve supply and to normalise the body.

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 Please sign

.....  
 Date