

Back Bone

WELLNESS CENTER

SAUNA & FOOT-BATH INTAKE FORM

Today's Date: _____

Name: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip: _____

Cell Phone: _____ Email: _____

How did you hear about us? _____

Emergency Contact: _____ Relationship: _____ Phone: _____

Please let us know if you would like to receive our promotional emails. YES/NO

Previous Major Illnesses, Surgeries, and Injuries: _____

Current Medical Conditions: _____

Medications Currently Taking: _____

Cancellation Policy: We do require a 24 hr notice for all cancelled appointments to avoid forfeiture of session or a \$25 fee. All no shows are subject to forfeiture of session or \$25 fee.

Contraindications to Detox Footbath

Cannot be used with a pacemaker, organ transplant, arrhythmia or heart regulating medication.

Advisable not to use while pregnant or lactating

Do not use if you have open wounds on your feet

Do not use if you are on medications related to psychotic episodes and/or seizures

Adults over 65, treat every 3 days

Children under 10-contact EBR

WARNINGS: Excess use on the standard setting may cause fatigue, increase of blood pressure, dizziness, headache, or upset stomach. If these symptoms appear it is recommended to cease treatments immediately and give the patient plenty of fluids to rehydrate the body. It is also recommended to add trace minerals and ample supply of liquids to replenish and balance the body after each treatment. Diabetics and patients with low blood sugar should eat a meal prior to treatment.

I have read contraindications and warnings associated with the Far Infrared Sauna and choose to use the therapies at my own risk.

Contraindications to Infrared Sauna

Saunas & Medications

Individuals who are using prescription drugs should seek the advice of their personal physician to a pharmacist for possible changes in the drugs effects when the body is exposed to far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

Saunas & the Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

Saunas & Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree in crease in core body temperature.

Saunas & Alcohol/Alcohol Abuse

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Saunas & Chronic Conditions/Diseases Associated with a Reduced Ability to Sweat or Perspire

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Saunas & Hemophiliacs/Individuals Prone to Bleeding

The use of Infrared Saunas should be avoided by anyone who is predisposed to bleeding.

Saunas & Fever & Insensitivity to Heat

And individual that has fever should not do any type of sauna.

Saunas & Pregnancy

Pregnant women should consult a physician before using any type of sauna because fetal damage can occur with a certain elevated body temperature.

Saunas & Joint Therapy

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

Saunas & Implants

Metal pins, rods, artificial joints or any other surgical implants generally reflect Far Infrared waves and thus are not heated by this system, nevertheless you should consult your surgeon prior to using an Infrared sauna. Certainly, the usage of an Infrared sauna must be discontinued if you experience pain near any such implants. Silicone does absorb Far Infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the Far Infrared waves. Since silicone melts at over 392 F, it should not be adversely affected by the usage of the Infrared saunas. It is still advised that you check with your surgeon and possible a representative from the implant manufacturer to be certain.

Saunas & Pacemaker/Defibrillator

The magnets used to assemble our saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

In the rare event you experience pain and/or discomfort, immediately discontinue sauna use.

Signature

Date