

Medical History Form

Date: _____	Date of Birth: _____
First Name: _____	Last Name: _____
Address: _____	City: _____
Zip: _____	State: _____
Phone: _____	Email: _____

NOTE: There is a weight limit of 350lbs.

Contraindications acknowledgment:

- Are you currently taking any medications? (Including any vitamins or supplements)
 If so, please list:

Severe Cardiovascular Conditions

- Do you have untreated Hypertension? Yes ___ No ___
- Do you have Peripheral Arterial Occlusive Disease? Yes ___ No ___
- Have you had a heart attack within the previous 6 months? Yes ___ No ___
- Do you have Valvular heart disease? Yes ___ No ___
- Do you have Unstable Angina Pectoris? Yes ___ No ___
- Do you have Ischemic heart disease? Yes ___ No ___
- Do you have any heart surgery conditions? Yes ___ No ___
- Do you have a pacemaker? Yes ___ No ___
- Do you have decompensating diseases (edema) of the cardiovascular and respiratory system, congestive heart failure, COPD, or chronic liver disease? Yes ___ No ___

Circulatory/Skin Conditions

- Do you have Deep Vein Thrombosis (DVT) or a known circulatory dysfunction? Yes ___ No ___
- Do you have Raynaud's disease? Yes ___ No ___
- Do you have bacterial or viral infections of the skin, wound healing disorders (open sores or discharging wound/skin conditions)? Yes ___ No ___
- Do you have Vasculitis? Yes ___ No ___

Blood Disorders

- Do you have severe anemia, or consumerist diseases (abnormal bleeding)? Yes ___ No ___

Conditions of the Nervous System / Kidney & Liver function

- Do you have diabetes? Yes ___ No ___
- Do you have acute kidney or urinary tract diseases? Yes ___ No ___
- Do you have any seizure disorders? Yes ___ No ___
- Do you have Hyperhidrosis - heavy perspiration? Yes ___ No ___
- Do you have Polyneuropathies? Yes ___ No ___

Other General Health Conditions

- Do you have acute febrile respiratory (Flu like respiratory conditions)? Yes ___ No ___
- Are you claustrophobic? Yes ___ No ___
- Do you have Cold Allergenic Phenomenon?
(known allergy to cold contactants)? Yes ___ No ___
- Do you have any alcohol or drugs related contraindications? Yes ___ No ___
- Are you Pregnant? Yes ___ No ___
- Are you currently receiving Physical Therapy Yes ___ No ___

If yes, check all that apply:

- Lower back pain
- Spinal disc problems
- Major joint dislocation
- Cartilage or tendon tear
- Arthritis or Bursitis
- Ligament strain
- Overuse condition of the knee, shoulder, hip, elbow or other joint

Please tell us what piqued your interest in cryotherapy and what your expectations are for the treatment:

IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT THAT I have read and understand the foregoing and the proposed cryotherapy process has been satisfactorily explained to me and I have all of the information I desire. I am at least eighteen (18) years of age and fully competent; and I execute this document for full, adequate, and complete consideration fully intending to be bound by same. Furthermore, I agree that I will comply with all instructions on the use of the cryosauna and that I am using these services at my own risk.

I HAVE READ ALL OF THE CRYOSAUNA FACTS AND RISKS PROVIDED BY SPORTS RECOVERY LAB. I AM AWARE OF THE ABSOLUTE CONTRAINDICATIONS AND TREATMENT REQUIREMENTS INVOLVING THE CRYOTHERAPY.

I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A POTENTIAL CONFLICT BETWEEN MYSELF, AND MY HEIRS AND CRYOGENESIS. I VOLUNTARILY AGREE TO EACH OF THE TERMS AND PROVISIONS HEREIN AND SIGN THIS OF MY OWN FREE WILL.

 Printed Name

 Signature

 Date (mm/dd/yyyy)

 Participant / Parent or Legal Guardian Signature