

Waterland Wellness

Intraoral Massage Personal Health History

Name: _____ Date: _____

Date of Birth: _____

Referred By: _____ Current dentist: _____

Current Orthodontist: _____

If you experience any of the following symptoms, please indicate by marking "X" on any areas that routinely cause you discomfort:

HEAD

- 1. Tension Headaches R L
- 2. Migraines R L
- 3. Chronic Headaches R L
- 4. Tender to Touch R L

EAR

- 1. Clogged R L
- 2. Ear Pain R L
- 3. Ringing, Buzzing R L
- 4. Dizziness R L

JAW

- 1. Clicks, Pops R L
- 2. Joint Pain R L
- 3. Grinding Noise R L
- 4. Facial Pain R L



NASAL

- 1. Sinus Pain
- 2. Post Nasal Drainage
- 3. Allergic Conditions

EYE

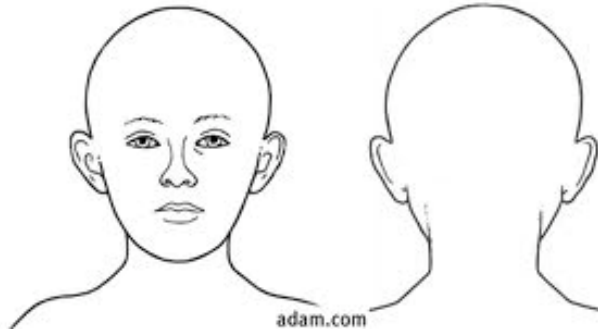
- 1. Red Eyes R L
- 2. Light Sensitive R L
- 3. Pain Behind Eyes R L
- 4. Tears in Eyes R L

MOUTH

- 1. Abnormal Opening
- 2. Bad Bite
- 3. Missing Jaw Teeth
- 4. Excessive Mouth Breathing
- 5. Grind/Clench on Teeth

NECK & SHOULDERS

- 1. Pain R L
- 2. Stiffness R L
- 3. Poor Posture _____
- 4. Swallowing Difficulties _____



How long has the area(s) been a problem for you?

Have you had a head injury, head trauma (concussion or whiplash)? _____

When? _____

Prior oral or head surgeries: _____

Medications: _____

Allergies: _____ Latex allergy: YES NO

Do you have any digestive concerns? _____

Have you experienced emotional, sexual and/ or physical trauma / abuse? _____

When? _____

Do you wear a retainer or other dental appliance? YES NO

If so, for approximately how many hours a day? _____

Why do we ask these questions?

Concussion or whiplash can directly affect the ability of the body to center and balance your head on your spinal column. Imbalance leads to shortening and lengthening of opposing affected musculature, can lead to jaw problems, headache, dizziness, etc.

Prior oral and head surgeries will tell us what areas may be more tender around your jaw and head and also what has been identified as problematic in the past.

Medications and allergies are especially important to know when doing work around the head, throat and mouth. For instance, many people have allergies to latex and because we use sterile gloves when working inside the oral cavity, non-latex is the only type we use. Some patient's experience the taste of medicines, novocaine or anesthesia during intraoral work because we are manipulating the tissues inside the mouth which can release "tastes". This is normal and we can stop if the patient is uncomfortable or take a break for a drink of water.

Intraoral massage concentrates treatment on the beginning of the digestive tract; the mouth. When a patient has digestive issues, it can affect the muscles, fascia and tissues in the throat, neck and mouth. We are concerned with understanding how these issues might be affecting the symptoms your are experiencing.

The trauma of emotional, physical and/or sexual abuse is often held deep within and anxieties or emotions may surface as treatment proceeds. This is normal and we will always immediately stop if you seem anxious or begin to show an emotional release. You may elect to stop the massage treatment portion of your session at that point or continue on at your direction. We treat our patients with compassion and honor your space. We will sit quietly with you until you give further direction.

Dental appliances can cause tension and stress in the neck, shoulders, jaw and head muscles. Prolonged daily use of a dental appliance without rest can lead to imbalance, especially in the jaw and soft tissues of the throat.

Do you have questions for us? We are here to help! Please call Waterland Wellness at (206) 824-1441.