

Workplace Recovery Day - employee form

Complete this privately before your session. Your employer receives attendance information only, not your health answers. Please ask the FitNest therapist if anything is unclear.

Employee full name

Company

Date

Voluntary consent

I understand that this is a general wellness and recovery service, not medical diagnosis, physiotherapy or emergency care. I may ask questions, request changes, skip any technique or stop the session at any time. Results are not guaranteed. I consent to the FitNest therapist providing only the options considered suitable after the screening below.

☐ I consent to participate voluntarily. ☐ I do not consent and will not participate.

Private health screening

Tick YES if any statement applies today. A YES does not automatically exclude you; it means the therapist must discuss it before deciding whether to adapt or decline a technique.

YES	NO	QUESTION
☐	☐	Pregnant, possibly pregnant, recently gave birth, or advised to avoid massage/electrical stimulation?
☐	☐	Pacemaker, implanted electrical device, epilepsy, or another condition relevant to TENS?
☐	☐	Current or suspected blood clot/DVT, unexplained one-sided swelling, severe circulation problem, or anticoagulant use?
☐	☐	Recent surgery, fracture, acute injury, severe pain, new numbness, or reduced sensation?
☐	☐	Fever, contagious illness, skin infection, open wound, rash, active bleeding, or unusually easy bruising?
☐	☐	Serious heart condition, uncontrolled blood pressure, cancer treatment, or another condition under active medical care?
☐	☐	Allergy/sensitivity to massage oils, lotions, adhesives, latex, pressure, percussion, compression or massage?

If YES, briefly explain for the therapist only

If you are unsure, pause participation and seek advice from an appropriate healthcare professional. For urgent or concerning symptoms, do not participate and seek medical care.

Oil-based massage, clothing & privacy

Massage uses oil directly on skin. I will remove clothing from the treatment area in private, keep underwear on, and receive towel draping so the rest of my body remains covered. Only the area being massaged is uncovered. I can request adjustments or stop at any time.

☐ I understand and agree to this oil-based massage and draping arrangement.

Session selection

Employee preference: ☐ Sports massage ☐ Deep tissue massage ☐ Swedish massage
☐ Cupping ☐ Leg compression ☐ TENS ☐ Percussion ☐ Therapist recommendation

Therapist outcome

☐ Proceed as requested ☐ Proceed with modifications ☐ Do not treat today ☐ Medical clearance recommended

Modifications / reason / area avoided

Session notes (minimum necessary)

Employee signature

Time

Therapist name

Therapist signature

Privacy notice

FitNest Wellness (Pty) Ltd processes the minimum health information needed to assess safe participation and document the session. It is kept confidential, accessed only by authorised FitNest personnel, and is not shared with the employer except where the employee gives permission or law requires it. The employer may receive attendance and anonymous aggregate information. Contact fitnest.sa@gmail.com for access, correction or privacy questions.

Safety notes

TENS is not used for people with a pacemaker or epilepsy, or during pregnancy unless an appropriate clinician has advised it. Equipment is not placed on broken or numb skin. Compression, percussion and massage are withheld or modified where screening indicates a possible clot, acute injury, skin infection, serious circulation concern or other risk.

References: NHS TENS guidance - <https://www.nhs.uk/conditions/transcutaneous-electrical-nerve-stimulation-tens/> | Protection of Personal Information Act 4 of 2013 - <https://www.justice.gov.za/infoereg/>

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Treatment choices

I receive 20 minutes of treatment. A separate 5-minute changeover is reserved for dressing and preparing the next client; it is not deducted from treatment time. Suitable techniques are agreed with the therapist after screening. Cupping can leave temporary circular marks; the therapist will explain this before I decide whether to consent.