

Long COVID-19 (Long Haulers) Health Information for Massage Therapy: Addendum

Client Name: _____

Date: _____

If you have had COVID-19 and are considered a Long COVID-19 patient, these questions will help determine the best course of treatment during your massage therapy session.

1. Have you been diagnosed with specific organ damage since your infection? Yes _____ No _____

If yes, what is your situation, and how are you treating it? _____

2. Please list any other long COVID-19 symptoms you experience. *Circle which are most bothersome to you.*

3. Are you under a doctor's care? Yes _____ No _____

If yes, what are your goals for that care? _____

4. Please list any medications you are taking related to your COVID infection. _____

5. What would you like to accomplish with massage therapy today?

6. Please describe your activities of daily living (i.e., amount of activity or lack thereof), especially your physical challenges (e.g., difficulty climbing stairs).

(Daily Activities)

(Physical Challenges)

7. Do you notice any pain following physical activity? Yes _____ No _____

If yes, where, and how long does it last? _____

8. May I have your permission to talk with your medical team? Yes _____ No _____

Physician's Name: _____

9. May I contact you tomorrow to see how you are after your massage? Yes _____ No _____



Practitioner's Rationale Key

- 1. Rationale:** We need to know what organs have been affected to predict safety for massage therapy, and we need to know what medications or other interventions the client uses to manage this problem.
- 2. Rationale:** This will give us a sense of the client's major complaints and ideas about their priorities for treatment. This is where we may learn about skin signs, mood issues, neuropathy, and any number of other possibilities.
- 3. Rationale:** This will help us understand medical priorities, so we can support clients with our work as well.
- 4. Rationale:** This should have been answered within the first two questions, but it never hurts to ask it one more time.
- 5. Rationale:** This helps establish the client's priorities, which are typically functional goals ("I want to sleep better," "I want to breathe more easily," "I want to feel more energetic") as opposed to medical goals, like oxygen saturation, blood pressure readings, or white blood cell counts.
- 6. Rationale:** This vital question helps us understand more about our client's allostatic capacity: their ability to maintain homeostasis. It is important to have as clear an idea as possible what their well-tolerated physical activities include—do they climb stairs? How many times a day? Do they walk for exercise? How long? How fast? How often?
- 7. Rationale:** Muscular pain may accompany exercise after deconditioning, but any chest pain or shortness of breath suggests cardiopulmonary problems that the client should discuss with their doctor.
- 8. Rationale:** People with long COVID may be medically complex and receive care from a variety of specialists. If our work might influence their progress, it is useful and ethical to communicate with their team to make sure we're all working toward the same goals.
- 9. Rationale:** This will alert us to any unexpected changes related to our work. With a low-but-not-zero chance that massage may create an adverse reaction, we can advise our client to seek medical help sooner rather than later.

