



Directed Wellness Center

210 W. Lexington Ave Independence, MO 64050 • Phone: (816) 301-7222
<https://DirectedWellnessCenter.com>

Far Infrared Sauna Intake Form with Contraindications

Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect 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.

Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna.

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.

Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme 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 increase in core body temperature.

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.

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.

Insensitivity to Heat

An individual that has insensitivity to heat should not use a sauna.

Hemophiliacs / Individuals Prone to Bleeding

The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding. Fever Individuals should not use the sauna when they have a fever.

Pregnancy

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

Menstruation

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid saunas use during that time of the month.

Joint Injury

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.

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 200°C (392°F), it should not be adversely affected by the usage of Infrared saunas. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

Please take a moment to carefully read the following intake information and sign where indicated. If you have a specific medical condition or specific symptoms, far infrared saunas may be contraindicated. A referral from your primary care provider may be required prior to service being provided. These confidential questions are designed to help give you the best treatment possible.

If you are under a doctor's care, please consult with your health practitioner prior to sauna use. Sauna use is contraindicated for pregnant women, nursing mothers, and hemophiliacs.

Drink plenty of water before, during and after your sauna session to replenish lost fluids.

Are you pregnant or nursing? Yes ____ No ____
If yes, it is required that we have a note from your doctor prior to beginning your treatment.

Are you a hemophiliac? Yes ____ No ____
If yes, it is required that we have a note from your doctor prior to beginning your treatment.

Are you under the care of a: ____Physician ____Acupuncturist ____Chiropractor ____Other
If so, please specify:

Were you referred by a physician, chiropractor or acupuncturist? Yes ____ No ____
If yes, please specify doctor's name and phone number so we can thank him for the referral:

Have you read the Sauna Contraindications List? Yes ____ No ____

It is your responsibility to inform Directed Wellness Center of any changes to the above information. Directed Wellness Center cannot guarantee nor take responsibility for the results or outcome of treatments. By signing below you acknowledge that you understand all of the above and have provided all information fully and accurately.

Client Name: _____ **Date:** _____

Client Signature: _____ **Email:** _____
(to receive our newsletter/specials)