

Twin Cities *Feldenkrais*[®], the *Feldenkrais Method*[®] with Nick Strauss-Klein, MM, GCFP

NEW FUNCTIONAL INTEGRATION[®] STUDENT INFORMATION FORM

PLEASE PRINT

First Name: _____ Last Name: _____ Age: _____

Phone : _____ Alt. Phone : _____ Please check the box if either phone is a cell, & check here if last-minute parking or scheduling texts from me are ok. I welcome texts at 612-412-8060.

Address: _____ E-mail: _____ Occupation: _____

City: _____ Please indicate below general or specific hours you would prefer for lesson times

State: _____ Zip: _____ Sun, 10-1: _____ Tues, 11:30-5: _____ Wed, 10-5: _____ Thurs 10-5: _____

Referring Physician: _____ (or) How you heard about me: _____

Why You've Come	
What is your main reason for coming? How long has this persisted?	
Was there a specific event that caused it? If yes, please explain.	
Have you sought medical help? What was done / recommended?	
Have you had any surgical procedures, related or not? Please list.	
Have you ever been hospitalized for any reason? Please explain.	
Are there any movements or positions any medical professional has instructed you not to do?	
What activities or situations seem to make the problem worse? (Day-to-day, work-related, exercise, driving, etc.)	
Is there anything you do daily or weekly toward alleviating the problem?	
What other activities or situations seem to make the problem better?	
What hobbies or activities do you take pleasure in? Does your reason for coming affect your enjoyment of them?	

I understand the following: The *Feldenkrais Method* is a movement-based method of learning. *Feldenkrais* is an educational modality, not health care, and is not a substitute for medical advice or treatment. During the session, the practitioner may work with areas other than my specific site of injury or pain. If I experience discomfort of any sort – physical or otherwise – I will inform the practitioner without delay. Comfort is one of the necessary conditions for learning more optimal ways of moving, and for the overall success of *Functional Integration* (FI). It is helpful for my learning to follow FI lessons with low intensity activities for the rest of the day when possible. Engaging in “homework” movement lessons (to be determined together with the practitioner during FI lessons) also enhances the benefits of *Feldenkrais* study.

Cancellation Policy: Except in cases of emergency, I understand I am responsible for the full lesson fee for appointments broken or cancelled without 24-hours’ advance notice.

SIGNATURE (parent/guardian if under 18): _____ **DATE:** _____