



Le Santè Integrative & Wellness Center  
Emmanuel Center 3 Purple Street  
Bonita Homes, Concepcion Dos  
Marikina City, Metro Manila  
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lesanteintegrativewellnesscenter.com

**OB - GYN CLEARANCE FORM**  
*For Postnatal Wellness Massage*

Date:

Dear Doctor,

Your patient \_\_\_\_\_, would like to receive Postnatal Wellness Massage at Le Santè Integrative & Wellness Center as part of her postpartum self-care routine.

Service Information:

- Purpose: General wellness, and relaxation, and comfort support
- Technique: Gentle, non-therapeutic massage adapted for postpartum bodies
- Areas: Back, shoulder, hips and legs. Abdomen only if specifically cleared below
- Positioning: Side-lying or semi-reclined, no prone positioning unless advised
- Duration: 60 minutes per session
- Provider: Certified therapist under clinic supervision by LMT and MD

**IMPORTANT:** This is a wellness service only. It is not intended to diagnose, treat, cure, or prevent any disease or postpartum medical condition.

**PHYSICIAN'S CLEARANCE**

1. Delivery Details

Date of Delivery:

Vaginal

Cesarean Section

2. Clearance Status (Please check one)

- Cleared for gentle postnatal wellness massage
- Cleared with restrictions:
- Not cleared at this time

3. Abdominal Massage

- Cleared
- Not cleared
- Not cleared at this time

4. Earliest Start Date for Massage:

5. Medical Notes/Precautions:

Physician Name:

Clinic/Hospital:

PRC License no.

PTR No:

Signature Over Printed Name:

Date: