**A) Ficha de Identificación:**

Fecha: \_\_\_\_/\_\_\_\_/\_\_\_\_ Nombre: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Edad: \_\_\_\_\_\_\_\_\_\_\_\_

Ocupación: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**B) Antecedentes Patológicos**

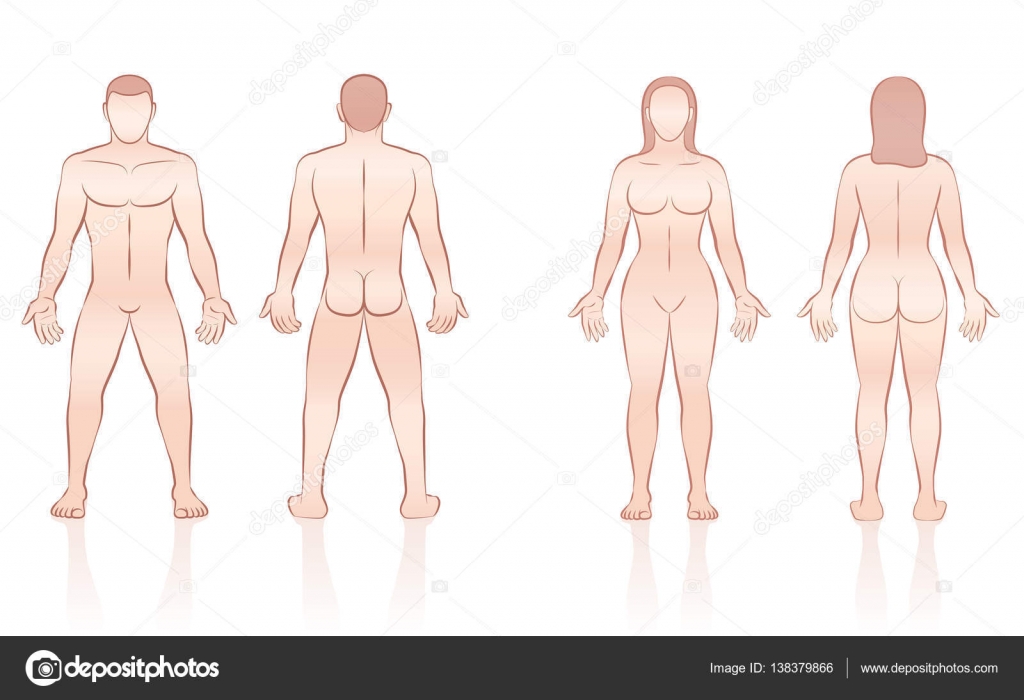
Alergias: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**C) Antecedentes Personales**

Práctica deportiva: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Exposición a Sol: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ingesta de líquidos al día: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tabaquismo: **SI( ) NO( )**

**D) Tratamiento a Efectuar:**



|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ZONAS A MEDIR** | **SESIONES** | | | | | | | | | | | | | |
|  | **Inicio** | **1°** | **2°** | **3°** | **4°** | **5°** | **6°** | **7°** | **8°** | **9°** | **10°** | **11°** | **12°** | **Total cm reducidos** |
| **Cuello** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Espalda** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Contorno de brazo** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Contorno tórax alto** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Contorno tórax medio** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Contorno tórax bajo** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Contorno de cintura** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Abdomen** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Contorno de Abdomen** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Contorno de Cadera** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Contorno de Muslo Alto** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Contorno Muslo Zona Media** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rodilla** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pantorrilla** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tobillos** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Peso** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Talla** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **I.M.C.** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Observaciones:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_