



Shiatsu II - Eastern Evaluation session report

Date: _____ Student's name: _____

Initials client: _____

Age _____ Gender: M/F Occupation: _____

Treatment Goal/Chief Complaint: _____

Additional observations by the client:

Significant Medical History:

Setsu Shin/Touching

Hara: **most kyo** _____ **most jitsu** _____

- Quality of Mu points: kyo jitsu
- Quality of back reflex areas kyo jitsu
- Quality of Shu points kyo jitsu
- Quality of Qi along the meridians kyo jitsu
- Tissue feel in important areas: describe:
- Temperature.

In general: hot cold, normal.

In area of CC: hot, cold, normal

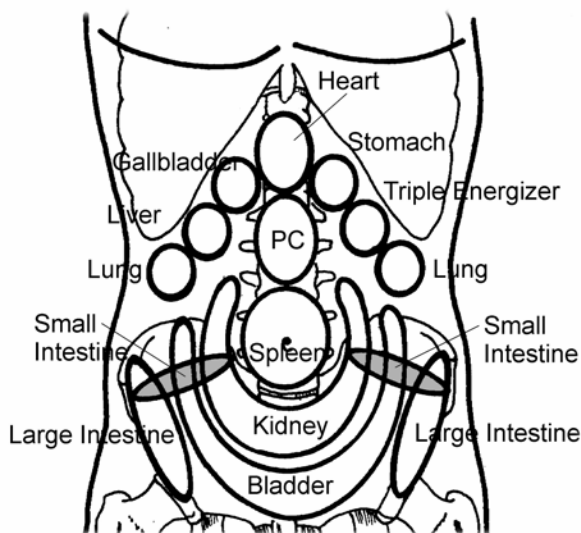
SETSU SHIN

Mark the areas that are significant to you

Which area of the Hara is:

Most kyo _____

Most jitsu _____



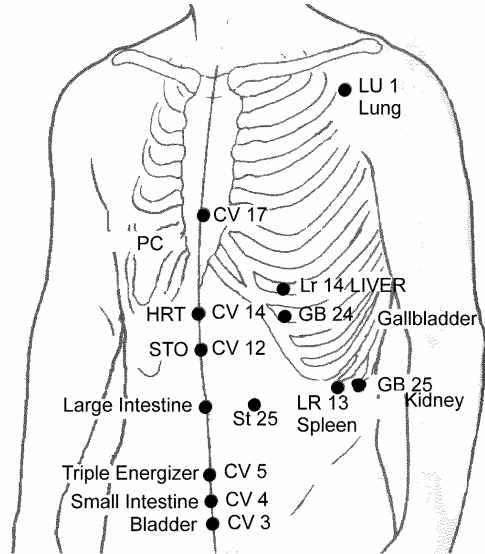
Mu points:

Mark the areas that are significant to you

Any sensitivity or pain?

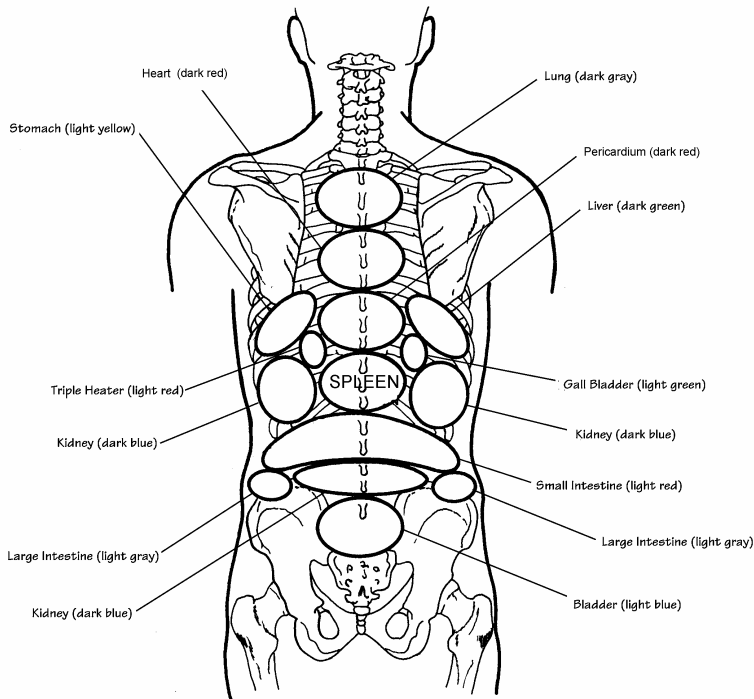
Kyo _____

Jitsu _____



What do you notice at the Back Evaluation areas?

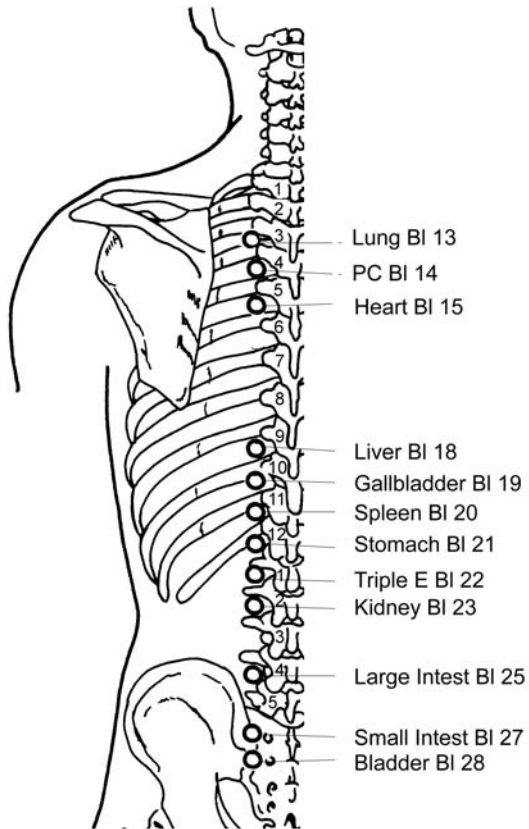
Mark the areas that are significant to you



How do the most kyo and most jitsu areas of the Hara feel in the back areas?

(most kyo in Hara)

(most jitsu in the Hara)



Where do you find any tension, pain or weakness at the Shu points?

Describe any circled areas.

Evaluation: indicate to which element (meridian) your observation belongs

Bo Shin/Looking:

Overall impression:

- | | | | | |
|--------------------|-----------------|---------------|---------------------|--------|
| - quality of shen: | average | strong | weak | |
| - posture: | normal | kyphosis | lordosis | |
| - movement: | slow | fast | jerky | smooth |
| - clothing: | Color preferred | color avoided | weather appropriate | |

Element:

-
-
-
-

external manifestations :

- | | | | | | |
|---------------|-------|---------|---------|----------|------------------|
| - nails: | white | pink | smooth | ridges | |
| - lips: | pale | red | pink | thick | thin |
| - skin: | pale | flushed | dry | moist | |
| - complexion: | pale | red | flushed | grey | |
| - headhair: | thick | thin | curly | straight | dull shiny color |

-
-
-
-
-

Bun Shin/Listening-smelling:

- | | | | | | |
|-------------------|---------------|-------------|------------|---------|---------|
| - voice quality : | happy | angry | singsong | whining | fearful |
| | stuttering | smooth | fast | slow | normal |
| - voice volume: | loud | normal | weak | | |
| - respiration: | deep | superficial | wheezing | | |
| - body sounds: | creaky joints | | borborygmi | burping | |

Element:

-
-
-
-

- odors (5 element) sweet rotten putrid rancid burned _

Mon Shin/Asking:

Element:

- chief complaint _____
- Do you have any pain? _____
 - where? _____
 - What makes it better? _____
 - Hot/cold movement/rest pressure time of day
 - What makes it worse? _____
- Sleep: sleep well long enough wake up during the night dreams night mares _____
 - difficulty falling asleep
- Diet - Appetite is strong weak _____
 - how often do you eat? very frequent rarely regularly _____
 - do you eat your meals at the same time every day? _____
 - Diet consists of: _____
 - 1) Meat, vegetables and dairy 2) vegetables and dairy 3) strict vegetarian 4) macrobiotic _____
 - do you use: coffee/tea ___ cups/day alcohol ___drinks/day/week tobacco _____
 - Water _____/day _____
- Digestion: no problems indigestion sometimes indigestion regularly _____
- Elimination: diarrhea loose stools constipation normal _____
- Urination: often abundant scant pale yellow dark cloudy _____
- Menstrual cycle: normal irregular pms _____
- Lifestyle: all work no play exercise relaxation family life _____
- Emotional state: happy angry/irritable sad content afraid _____

Five element associations:

- time of day: feel better around feel worse around _____
- color: like /dislike white black/blue green red yellow/orange _____
- climate: like/dislike dry cold wind heat damp _____
- season: like/dislike fall winter spring summer late summer _____
- flavor: like/dislike spicy salty sour bitter bland sweet _____
- smell: like/dislike rotten putrid rancid burnt fragrant _____

Do you use any medication?

- O.T.C.
- Prescribed?

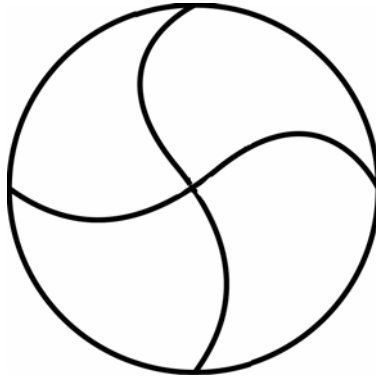
Cautions - Contra-indications

- Do you have varicose veins? _____
- Does you bruise easily? _____
- Do you take blood thinners? _____
- Do you have any implants? _____
- Have you had any lymph nodes removed? _____
- Do you have any other condition that needs to be treated with caution? _____

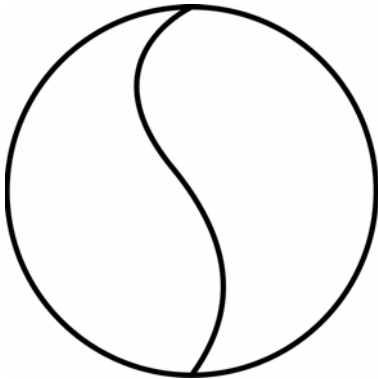
Place your information in the appropriate element:

+ = jitsu
- = kyo
± = in - between

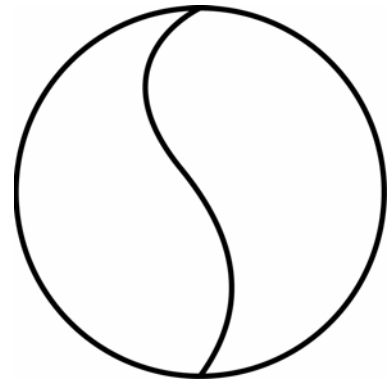
FIRE



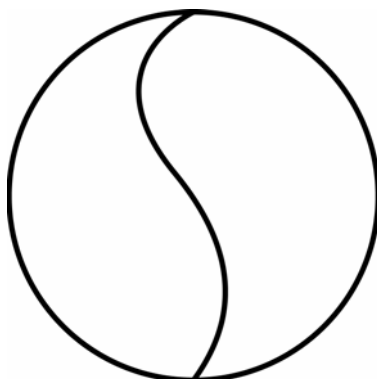
WOOD



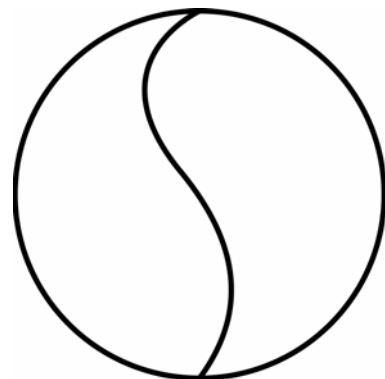
EARTH



METAL



WATER



INTAKE _____ points (total 37 points)

BoShin - SetsuShin: 12 points. 5 Elements diagram 5 points each element

Five Element Pattern of Disharmony/ Assessment

Which organ is most involved in the chief complaint? _____

Which function of this organ is out of balance, leading to the chief complaint? (5 points)

Is it Kyo or Jitsu? (5 points)

Based on your intake using the Four stages of Evaluation, which organ/meridian is most kyo and which most jitsu? (5 points each)

Most kyo:

Most Jitsu:

Describe the pattern leading to the chief complaint and how it manifests in your client using 5 Element theory (Generation and Control cycle) (15 points):

STRATEGY (10 points):
What you will work

EXPLANATION (10 points):
Explain why you work it, using Generation and Control cycle.

Session Choreography (8 points):

In which order will you work the meridians, which specific techniques will you use in your session to tonify, disperse and bring balance? Where will you apply stretches and zone work?