

Shiatsu Intake

Name: _____

Date: _____

Session # _____

Please check all items that apply to your health history:
If you have more than one symptom in a line please circle all that apply.

- past current -kyo
- Cold hands
 - Dream disturbed sleep/Insomnia
 - Lack of mental clarity/Poor memory
 - Easily startled
 - Discomfort/stiffness in Heart region
 - Lack of Joy/Sadness
 - Sweating
 - Tiredness/Breathless on exertion

火

- past current +jitsu
- Chest pain
 - Excessive laughter or crying
 - Shoulder+neck stiffness/pain
 - Agitation/restlessness
 - Stuttering
 - Excessive thirst
 - Bitter taste in mouth
 - Nightmares/Insomnia

- past current
- Constant thinking/brooding
 - Poor concentration
 - Lack of appetite
 - Weakness in legs/Varicosities
 - Excessive bruising/Anemia
 - Morning fatigue
 - Endometriosis/Prolapse of organ

土

- past current
- Heaviness in limbs
 - Nausea/Vomiting/Bleeding gums/ Cold sores
 - Burning in anus
 - Belching/Sticky mouth/Hiccups
 - Severe anxiety/Hyperactivity
 - Excessive concern for others/Self pity
 - Diabetes/Obesity

- past current
- Shortness of breath/Cough
 - Frequent colds/infections/allergies
 - Pessimistic/Resistant to new ideas
 - Grief/Tends to be disappointed
 - Weak thumbs/weak voice
 - Hemorrhoids/Loose stools
 - Dull pain in abdomen

金

- past current
- Asthma/Bronchitis/Coughing pain in chest
 - Perfectionism/Defensiveness/Jealousy
 - Detachment/Remorse
 - Worry which cannot be released
 - Nicotine/caffeine/drug/alcohol addiction
 - Occipital headaches
 - Blood in stools/Cancer/tumors

- past current
- Aches in bones/Feel cold
 - Low back pain
 - Sciatica down back of leg
 - Frequent urination/Incontinence
 - Hearing loss/Tinnitus
 - Fear/Apprehension
 - Lack of determination/stamina
 - Night sweating
 - Mental fatigue/poor memory

水

- past current
- Hair loss
 - Edema/Swelling
 - Kidney/Bladder stones
 - Dark urine/Blood in urine
 - Nosebleeds/Fainting
 - Impatient/Workaholic
 - Stiffness in lower back
 - Nervousness/Suspicion
 - Difficult urination

- past current
- Tendon/ligament weakness/sprains
 - Inconsistency
 - Muscle spasms
 - Scanty menstruation
 - Physical fatigue/Weepiness
 - Infertility
 - Tired eyes/Blurry vision
 - Weak/brittle nails

木

- past current
- Recurrent temporal headaches/Migraines
 - Nausea/Flatulence/Abdominal pain/cramps
 - Excessive alcohol consumption/Poor appetite
 - Indecision/Disorganized
 - Mood swings/angry outbursts
 - Sciatica in hip & down side of leg
 - Inflammatory reproductive system diseases
 - Frustrated/Impatient/Impulsive

Additional symptoms: _____