

4. Receive form from client. Look up any diseases/conditions/other details in your resources (such as kinesiology manuals, anatomy and physiology texts, Wikipedia) if you do not know about them. Make notes on the client data form or in this space. Gather and organise resources to refer to during session if necessary.

If there are any medical or referral reports, read them and make a list of any factors to explore through muscle monitoring.

### Endometriosis

Symptoms began from menses w/ 1st laparoscopy at 17  
Treatment every 2-3 years w/ reoccurrence up to age 36  
Started IVF but ended up conceiving naturally x 2

### Non-hodgkin Lymphoma

Diagnosed 2019 - Symptoms - swollen lymph node in groin, tiredness  
- night sweats - thyroid issues as result of treatment  
Finished treatment  
Chemo may have triggered menopause - weight gain

### Hives - Chronic idiopathic Urticaria

Started 5 days after birth of 1st Child and ongoing  
Triggered by heat, stress, vibration, contact (even water)  
Currently taking montelukast and looking @ monthly injections  
Possible auto-immune

### Anxiety & Depression

Symptoms since primary school, went to psychologist in primary school. Became aware of name @ 18.

Excessive alcohol & drug use

Possible post natal depression after birth of sons (same feeling +)

Taking Sertraline

### Work

- Currently on extended leave from work, deciding whether to go back
- Wants to show the boys what a working mother does
  - Feels a sense of worthiness and independence when working but also resents time away from sons
  - Stressed at work and not enjoying it
  - Doesn't want to rely on partner financially
  - Finishing psychology degree but not enjoying it & doesn't think

Would love to be non-medicated, healthy and at peace



5. Record start time of balance 11.30am

6. (i) Discuss the client data form. Ask questions for any clarification. Make notes if necessary. Usually you can make notes on the form itself, or here if not enough room on the form.

Neuropathy (as side effect of chemo)  
 Pins & needles in hands and feet ongoing  
 Pain & restricted movement  
 Taking Lyrica

### Emotional

- Impulse control - overeating, overshopping, over preparing
- Controlling - particulates on the outside (ambiguity is challenging)
- Perfectionism - sabotages outcomes
- Fiercely independent (mother unnecessarily negative about men)

(ii) If there are any medical reports or referral information, make a note of any factors to explore through muscle monitoring. If the reports are not easily interpreted, ask the client for further information and interpretation. Otherwise, research the type of tests, and details to determine anything that needs investigating. Or once you commence muscle monitoring, scan the reports.

may be blood test results next session

(iii) Is there any obvious need for a referral at this stage? For instance, any physical symptoms that require medical attention.

No

(iv) Make a note of any contraindications or special needs. For instance, does the client have any internal electronic devices such as a pacemaker, which would be negatively affected by the use of magnets, or is their hearing limited which would require an adjustment to the way you communicate with them?

Client has been weakened by chemotherapy & radiation. Look for signs of fatiguing

(v) For any conditions or symptom of disease/imbalance, obtain the following information:

Location \_\_\_\_\_  
 Quality \_\_\_\_\_  
 Quantity and severity \_\_\_\_\_  
 Timing \_\_\_\_\_  
 Onset \_\_\_\_\_  
 Frequency \_\_\_\_\_  
 Duration \_\_\_\_\_  
 Setting in which they occur \_\_\_\_\_  
 Aggravating or relieving factors \_\_\_\_\_