

ASSESSMENT FORM



DATE: 7/23/2021

Requested Personal Information

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Age: 47

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When you're feeling your best, can you describe how you feel? I don't have to think about it, and go about my day and do activities of daily living without thinking about it.

When you're feeling your worst, can you describe how you feel? Trying to do the daily activities with difficulty (like am I going to be able to go to the bathroom, or sit in a chair and work without being distracted by pain).

What brings you to Yoga Therapy? So many of my issues have to do with balance, posture and tightness as well as energy healing which I really crave (due to my high stress background including career and personal life).

Please give a brief explanation as to your current state (physically, mentally and emotionally). Feel free to add in anything pertinent that will make our sessions as beneficial and healing for you as possible (use the space below):

I feel like when you have a chronic illness and other issues from your upbringing, these things can be paralyzing but why should I allow this to control my life? I want to live well and feel that I deserve to have a full life.

Choose one symptom (physical, mental or emotional) and write in the block below. Consider how bad this symptom has been over the past week, and please score it by circling its corresponding number (0 - as good as it can be, 6 - as bad as it can be). Please do the same for the subsequent questions regarding that symptom using the same scaling system.

Describe symptom 1: pelvic and sacral pain due to endometriosis	Scale
<p>How much pain has this caused you? (Please describe) Burning, aching, feel like I'm "lit on fire" and in so much "nerve pain" - visceral pain - around abdomen and pelvis into the legs</p>	<p>0 1 2 3 4 5 6</p>
<p>Has this symptom interfered with your sleep? (Please describe) More problems during the day versus in the nighttime.</p>	<p>0 1 2 3 4 5 6</p>
<p>Has this symptom interfered with your job? (Please describe) Mentally it interferes as a 6, because I have to hide my pain while I'm performing my job.</p>	<p>0 1 2 3 4 5 6</p>
<p>Has this symptom interfered with your daily activities? (Please describe) Eating (how many calories I can take in), making plans (have to change often), driving can be uncomfortable</p>	<p>0 1 2 3 4 5 6</p>
<p>Has this symptom caused any changes in you emotionally? (Please describe) Anxious to make plans and to sit on a couch and watch a movie, what kinds of foods will trigger a flare up</p>	<p>0 1 2 3 4 5 6</p>

Choose an additional symptom (physical, mental or emotional) and write in the block below. Consider how bad this symptom has been over the past week, and please score it by circling its corresponding number (0 - as good as it can be, 6 - as bad as it can be). Please do the same for the subsequent questions regarding that symptom using the same scaling system.

<p>Describe symptom 2: to improve shallow chest breathing due to long term fight or flight/SNS lifestyle (or due to “endo-belly” which forces the breath upward)</p>	<p>Scale</p>						
<p>How much pain has this caused you? (Please describe) I’m generally unaware when I do this because it comes naturally to me - feeds my anxiety because the shallow breathing feeds the fight or flight response - cannot rate this. I’m on autopilot.</p>	0	1	2	3	4	5	6
<p>Has this symptom interfered with your sleep? (Please describe) Not at all.</p>	0	1	2	3	4	5	6
<p>Has this symptom interfered with your job? (Please describe) It does because I’m trained for presentation skills and with this style of breath, impedes my abilities and inability to be fluid.</p>	0	1	2	3	4	5	6
<p>Has this symptom interfered with your daily activities? (Please describe) When I’m at work (see question above), also may make a mountain out of a mole hill because it feeds the anxiety. My breath makes trying to do multiple things more difficult.</p>	0	1	2	3	4	5	6
<p>Has this symptom caused any changes in you emotionally? (Please describe) Yes, I adapted this kind of breath in stressful situations and it has grown through the years.</p>	0	1	2	3	4	5	6

