

ACUPUNCTURE CENTER

254 Route 202/206 ☐ Pluckemin, NJ 07978 ☐ (908)719-1362 ☐ www.acrh.net www.acfamilyhealth.net

Name _____

Date _____



Please mark on drawing where the pain is located.

1. What is the nature of the pain?
 - a. Dull (def)
 - b. Throbbing (LR)
 - c. Stabbing (Bl stasis)
 - d. Feeling of heaviness, muzziness, as though head were wrapped in cloth (damp/phl)
 - e. Other _____

2. How often do you get a headache/migraine?

3. What other symptoms accompany your headaches?
 - a. Nausea/Vomiting (LR inv ST, jueyin revrsal)
 - b. Difficulty with concentration (damp/phl)
 - c. Mood swings (LR)
 - d. Dizziness (LR)
 - e. Light/noise sensitivity
 - f. Floaters (LR)
 - g. Other _____

4. What makes the symptoms better?
 - a. Lying down (def)
 - b. Cold pack
 - c. Heat
 - d. Movement/exercise (stag)
 - e. Other _____

5. What makes the symptoms worse?
 - a. Lying down/reclining (LR)
 - b. Cold pack
 - c. Heat
 - d. Movement/exercise (stasis)
 - e. Weather (please describe) _____
 - f. Other _____

ACUPUNCTURE CENTER

254 Route 202/206 ☐ Pluckemin, NJ 07978 ☐ (908)719-1362 ☐ www.acrh.net www.acfamilyhealth.net

Name _____

Date _____

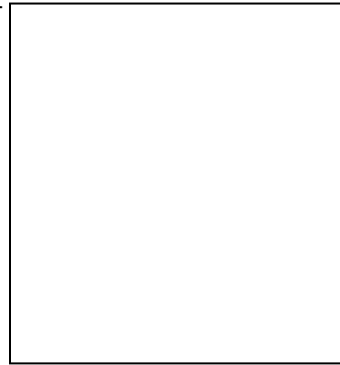
6. Are the headaches worse at a certain time of day?
 - a. Worse in morning (damp) or daytime (def qi/yang)
 - b. Worse at night (def bl/yin)

7. WOMEN- Do your headaches correspond to your monthly cycle? If yes, when during your cycle do you get headaches?
 - a. During your period (LR fire or bl stasis)
 - b. At the end or after your period (Bl def)
 - c. Around the time of ovulation (KD yang def)
 - d. Prior to onset of period (pre-menstrual) (LR)

For practitioner use only!!

Pulse- HT _____ LU _____
LR _____ SP _____
KD _____ KD _____

Tongue-



Channels effected- LR GB KD BL SP ST

Other notes
