



Dr. med.

# Julia Kleinhenz

Acupuncture ♦ Naturopathy ♦ Chiropractics

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The following questions provide information which is helpful for Chinese medicinal diagnosis.

Main complaints and/or pain:

Pain quality: pulsating and traveling? Piercing and localized? Feeling of heaviness? Colic-like sporadic attacks? Pulling, spasmodic, short? Dull? Superficial? Cold? Burning?

Temperature sensitivity: Are you often too warm or too cold? Do you suffer from cold hands and/or feet, hot flashes?

Sweating: Do you sweat quickly, at night, only certain body parts, never or, sporadically?

Thirst: Are you often thirsty? Do you drink only because necessary? How much do you drink? What do you drink? Hot or cold?

Mouth: Do you sometimes have a certain taste in your mouth? Bitter, sour, musty?

Urine: How often and any problems, do you go at night?

Do you have a tendency towards bladder infections? Do you sometimes have discharge?

Bowel movements: is your stool hard, soft, shaped, pulpy, watery, bright, dark, a lot, little, every day, several times a day, rare, resembling goat feces?

Am Klingenbergweg 2a ♦ 65396 Walluf ♦ ☎ 06123-71295

E-Mail: [fax@drkleinhenz.de](mailto:fax@drkleinhenz.de) ♦ Internet: [www.drkleinhenz.de](http://www.drkleinhenz.de)

Bank: Commerzbank Eltville ♦ Account No. 0180 797 300 ♦ Routing No. 510 800 60



Dr. med.

# Julia Kleinhenz

Acupuncture ♦ Naturopathy ♦ Chiropractics

Sleep: Do you sleep well, fall asleep easily, sleep solidly, have many dreams? How many hours of sleep per day?

Menstruation: is your period regular, painful, cramps, strong, irregular, with chilliness which improves with hot water bottle? Do you have children, pregnancies?

Medicines (vitamins, minerals, algae, teas, which you are taking)?

Other (for example other diseases, operations):

Do you smoke? How often?

Do you drink alcoholic beverages regularly? What and how much?

Appetite: Do you like to eat, have cravings, no appetite at all, are hungry but no appetite, prefer to eat salty, sweet, sour, bitter, spicy?

Please specify what you eat and drink:

Morning

Lunch

Afternoon

Evening

Between meals

During the week I eat \_\_\_\_\_ hot meals

Am Klingenberg 2a ♦ 65396 Walluf ♦ ☎ 06123-71295

E-Mail: [fax@drkleinhenz.de](mailto:fax@drkleinhenz.de) ♦ Internet: [www.drkleinhenz.de](http://www.drkleinhenz.de)

Bank: Commerzbank Eltville ♦ Account No. 0180 797 300 ♦ Routing No. 510 800 60



Dr. med.

Julia Kleinhenz

Acupuncture ♦ Naturopathy ♦ Chiropractics

## Information about Acupuncture, Moxibustion and Fire Cupping

Acupuncture treatment entails placing needles in certain points on your body, based on your condition and your symptoms. Thus, stimulating the self-regulation of the body. You will notice a dull feeling of pressure in the area of the needle.

Moxibustion entails the burning of dried mugwort or other medicinal herbs. Using indirect moxibustion, the "moxa" is placed on an acupuncture needle or is held over the acupuncture points by hand. Moxibustion is especially effective for weakness and pain syndromes which are aggravated by cold.

Fire cupping therapy works by vacuum, produced by the cupping glasses. These are placed over areas of muscular tension and modified connective tissue.

Acupuncture, moxibustion and fire cupping are safe and effective therapies.

Occasionally, however, the following side effects can occur:

- The needle can puncture superficial blood vessels under the skin causing a bruise.
- The acupuncture feeling can last up to two days after removal of the needle.
- Some patients experience dizziness or faint, but these are extremely rare if you lie down during acupuncture.
- A needle getting stuck in the muscle or needle breakage have never occurred because of the use of high quality one-time-use sterile needles.
- A common reaction to fire cupping is redness and discoloration of the skin.
- Burns during moxibustion are extremely rare, as we remain by your side during the entire process. In addition, cardboard is placed between the "moxa" and the skin.

To prevent unwanted side effects and complications, we ask you for the following:

- During treatment please inform us immediately, if you do not feel comfortable or a needle hurts you. Please do not move during the placement of the needles.
- Please do not come to the treatment hungry, extremely tired, stressed or directly after exercise or heavy sweating. Even directly after strong emotional events (i.e. sadness, anger, accident) no treatment should be done. Everyday problems and "normal" stress should not pose a problem.
- Preferably no acupuncture therapy should be done during pregnancy (especially with a history of miscarriage). Exceptions are possible for strong pain.
- Please use the restroom before therapy, so that you can completely relax.
- Please notify us if you tend to bleed easily (for example, due to taking blood thinners).

I have been informed today of the above mentioned therapies and all my questions have been answered. I declare myself in agreement to proceed with the therapy.

Walluf, \_\_\_\_\_(Date) \_\_\_\_\_(Signature)

Am Klingenbergweg 2a ♦ 65396 Walluf ♦ ☎ 06123-71295

E-Mail: [fax@drkleinhenz.de](mailto:fax@drkleinhenz.de) ♦ Internet: [www.drkleinhenz.de](http://www.drkleinhenz.de)

Bank: Commerzbank Eltville ♦ Account No. 0180 797 300 ♦ Routing No. 510 800 60



Dr. med.

Julia Kleinhenz

Acupuncture ♦ Naturopathy ♦ Chiropractics

## Information about Manual Therapy (Osteopathy and Chiropractic)

Manual therapeutic techniques have been employed for thousands of years to treat disorders of the musculoskeletal system. Chiropractic treatment “adjusts” blocked vertebrae and joints. Osteopathy is a more detailed treatment, involving internal organ movement and the function of muscles, tendons, and fascia (inner tissues). Blocked joints are also treated in osteopathy by gentle methods and usually without “cracking”.

Muscle soreness can occur on the day following treatment. This is not unusual and no cause for concern. In this case you should drink large amounts of boiled tap water. If the complaints persist, please contact us.

In rare cases, a previously damaged intervertebral disc can be aggravated by treatment, which could just as easily have occurred through sneezing, coughing or a false movement.

Manipulation of the cervical spine (“back cracking”) can in very rare cases result in vascular injuries and disrupt the blood supply to the brain. Because of this we only carry out the most gentle spinal osteopathic techniques to further reduce the already small risk (approx. 1: 400,000).

I have been informed today of the above mentioned therapies and all my questions have been answered. I declare myself in agreement to proceed with the therapy.

Walluf, \_\_\_\_\_(Date)

\_\_\_\_\_(Signature)

Am Klingenweg 2a ♦ 65396 Walluf ♦ ☎ 06123-71295

E-Mail: [fax@drkleinhenz.de](mailto:fax@drkleinhenz.de) ♦ Internet: [www.drkleinhenz.de](http://www.drkleinhenz.de)

Bank: Commerzbank Eltville ♦ Account No. 0180 797 300 ♦ Routing No. 510 800 60



Dr. med.

# Julia Kleinhenz

Acupuncture ♦ Naturopathy ♦ Chiropractics

First Name \_\_\_\_\_  
Last Name \_\_\_\_\_  
Street \_\_\_\_\_  
Zip Code/Town \_\_\_\_\_  
Date of Birth \_\_\_\_\_  
Telephone/Mobile \_\_\_\_\_  
E-mail \_\_\_\_\_

Would you be interested in receiving the program for the Center for Preventive Chinese Medicine e.V. twice a year by mail or e-mail? (avail. only in German)      Yes      No

Health Insurance Provider \_\_\_\_\_

Supplemental insurance policy for alternative medicine? \_\_\_\_\_

Treatment in the practice of Dr. Kleinhenz is billed directly to the patient according to the official scale of doctors' fees, as Dr. Kleinhenz does not participate in the public health insurance system. The patient is solely responsible for filing their own insurance claims. I am aware that I must remit payment to Dr. Kleinhenz for all treatment rendered.

---

Date

Signature

Am Klingenberg 2a ♦ 65396 Walluf ♦ ☎ 06123-71295

E-Mail: [fax@drkleinhenz.de](mailto:fax@drkleinhenz.de) ♦ Internet: [www.drkleinhenz.de](http://www.drkleinhenz.de)

Bank: Commerzbank Eltville ♦ Account No. 0180 797 300 ♦ Routing No. 510 800 60