

Samamkaya Yoga Student Information

Name: _____ Date: _____

New to yoga? Yes No If yes, how long have you studied? _____

Occupation: _____ Age: _____ Sex: M F Other

Check the areas of concern that apply for you, past and present:

Musculoskeletal

- Ankles/Feet
- Arthritis
 - Osteo
 - Rheumatoid
- Back Pain
 - Upper
 - Middle
 - Lower
- Broken Bones
- Carpal Tunnel
- Disc Herniation/
Condition
- Fibromyalgia
- Hands/Arms
- Headaches/
Migraines
- Heel Spur
- Hips/Legs
- Hyper-kyphosis
- Hyper-lordosis

- Knees
- Neck
- Osteoporosis
- Plantar Fasciitis
- Sciatica
- Scoliosis
- Shoulders
- Spinal Fusion
(see below)
- Spondylolisthesis
 - Antero
 - Retro
- Stenosis
- Surgery (see
below)

Other Conditions

- Allergies
- Asthma
- Anxiety
- Auto-Immune
Dysfunction
- Bladder Trouble
- Blood Pressure
 - High
 - Low
- Cancer
- Chronic Fatigue
- Diabetes
- Depression
- Dizziness
- Eyes
- Gastrointestinal
Disorder
- Gynecological
- Heart Condition
- Hypoglycemia

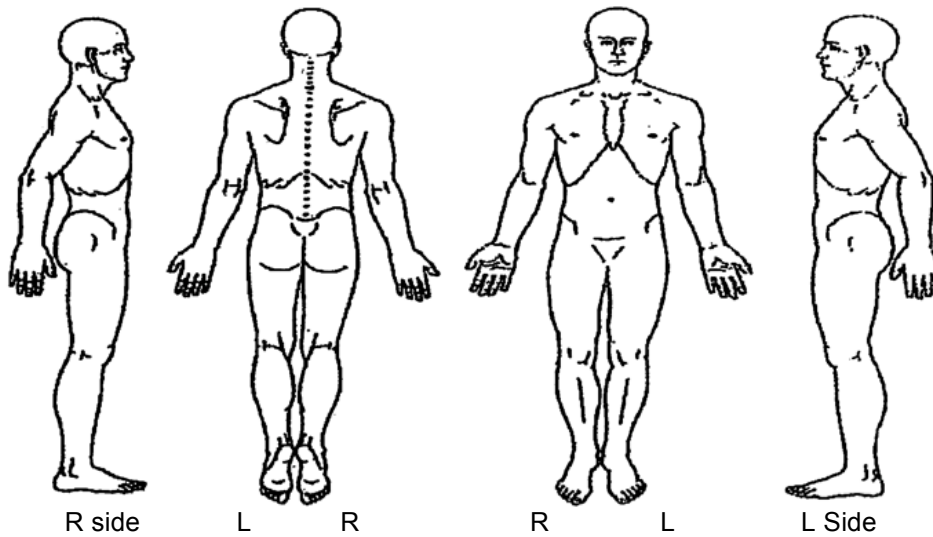
- Insomnia
- Kidney
- Liver
- Lyme Disease
- Menopausal
- Mental Health
Concern
- Multiple Sclerosis
- Parkinson's
- Pregnancy
- Post-partum
- Prostate
- Sedentary
- Skin Condition
- Surgery (see
below)
- Thyroid
- Vertigo

Please describe conditions not listed above, or elaborate those checked _____

Please list surgeries _____

If you have a spinal fusion, please list the date of fusion, length of fusion, date of revision surgery (if applicable), if you have a bone graft and where it came from, and any post-operative treatment:

Please indicate any areas you are currently experiencing pain or discomfort on the diagram below:



Please list medications, remedies, and supplements: _____

Are you currently under the care of a doctor or other therapist? _____

This form does not claim to treat any of the conditions listed above. Yoga instructors are in no way intended as a substitute for medical counsel.

Date: _____ Instructor: _____

This section contains the same four anatomical diagrams as the first section, used for a second assessment. From left to right: 1. Profile view of the right side, labeled 'R side'. 2. Back view, labeled 'L R'. 3. Front view, labeled 'R L'. 4. Profile view of the left side, labeled 'L side'.

Date: _____ Instructor: _____

This section contains the same four anatomical diagrams as the first section, used for a third assessment. From left to right: 1. Profile view of the right side, labeled 'R side'. 2. Back view, labeled 'L R'. 3. Front view, labeled 'R L'. 4. Profile view of the left side, labeled 'L side'.