

# Acupressure Massage Chart for Patient Treatment

## Patient Information:

Patient's Name: \_\_\_\_\_ Date of Treatment: \_\_\_\_\_

Medical History: \_\_\_\_\_

Current Health Concerns: \_\_\_\_\_

## Acupressure Points:

1. **Point Name:** [Name of the Acupressure Point]

**Location:** [Anatomical description of the point's location]

**Meridian:** [Associated meridian]

**Indications:** [Conditions or symptoms this point can address]

**Technique:** [Description of the acupressure technique to apply]

**Pressure:** [Recommended pressure intensity]

**Duration:** [Recommended duration of pressure]

**Notes:** [Additional comments or precautions]

1. [Repeat the above section for each specific acupressure point being targeted during the treatment.]

**Treatment Plan:**

**Session Goals:** [Outline the goals for the acupressure treatment session]

**Points to Focus On:** [List of specific points to target during the session]

**Techniques to Use:** [Description of the acupressure techniques to be applied]

**Pressure Intensity:** [Guidelines for adjusting pressure based on patient comfort]

**Session Duration:** [Recommended duration for the acupressure session]

**Frequency:** [Recommended frequency of sessions]

**Patient Feedback:**

**Patient Response:** [Record patient's feedback during and after the session]

**Changes Observed:** [Document any improvements or changes reported by the patient]

**Recommendations:** [Suggestions for follow-up treatments or self-care]

**Notes and Precautions:**