PHYSIOLOGY REPORT

Client Name: _____ Type: □ A □ T Session #____ Date: _____

Practitioner Name: _____ Email:_____

CAPNOGRAPHY (PetCO$_2$)

Was overbreathing (below 35 mmHg) present at the start of the session? □ Yes □ No

What were the initial baseline PetCO$_2$ values (first two minutes)? _____
What symptoms/deficits were reported, if any? _____
If so, did recovery take place on its own within a few minutes? □ Yes □ No Why? _____
If not, when did PetCO$_2$ levels return to normal, and why? _____
Did you assist in this process? □ Yes □ No How did you assist? _____
Was your client trapped in overbreathing? □ Yes □ No
What was your client's explanation for the associated symptoms? _____
How did the symptoms/deficits change as breathing improved? _____

Did overbreathing occur at other times during the interview? □ Yes □ No

What was the range of the PetCO$_2$ values you observed? _____
What symptoms/deficits were reported? _____
What were the triggers?_____
What was your client's explanation for these symptoms? _____
Did the PetCO$_2$ levels return to baseline levels? □ Yes □ No   How long did it take? _____
Was your client trapped in overbreathing? □ Yes □ No
If so, did your client recover on his/her own? □ Yes □ No
If so, what seemed to be the factor(s) in its return to normal? _____
If not, how did you assist your client in recovery? _____
What strategies were, and were not, effective? _____
How did the symptoms/deficits change as breathing improved? _____

What was the range of PetCO$_2$ values at the end of interview session? _____

EMG (electromyography)

Placements (1 or 2)

Specific muscle group 1 _____ Range (mv) _____
Specific muscle group 2 _____ Range (mv) _____

Was your client "chest breathing" at the start of the session?" □ Yes □ No

If so, what breathing accessory muscles were being used? _____
What seemed to be the triggers for chest breathing? _____
What was your client's explanation for chest breathing? _____
Did your client like chest breathing? If so, why? _____
If you asked them to breathe with the diaphragm, could **they do it?** □ Yes □ No □ N/A
If so, which did **they prefer** □ chest □ diaphragm? What was the preference based on? _____

Do you suspect dysponesis? □ Yes □ No

If so, what muscles unrelated to breathing were triggered (e.g., jaw)?_____
What seem to be the triggers for contraction of these muscles? _____
How was dysponesis affected when (and if) your client shifted into the diaphragm? _____
Did posture influence breathing? □ **Yes** □ **No** If so, how? _____
How did emotions and thoughts shift muscle utilization? _____
What correlation did you observe among EMG, PetCO$_2$, and breathing rate? _____

Other measurements (autonomic and oximetry)

Initial HRV _____ HRV range during the session_____ Ending HRV _____
Initial SpO$_2$ _____ SpO$_2$ range during the session_____ Ending SpO$_2$ _____

Were there any correlations between PetCO$_2$, Breathing Rate, EMG, HRV, & SpO2? If so, why do you think so? _____
_____