

Five-Element Assessment and Treatment Flow

A whole-body palpation and treatment worksheet - save on your phone; do not upload

Purpose: move mentally and manually through the major muscle groups of every channel, identify the larger pattern first, and then locate the specific fibers that require release.

Check a box only when the region contains a distinct prominent or cordlike fiber that meets the Releasology palpation criterion for spasm. A checked box records a palpation finding; it does not diagnose disease in the organ that names the channel.

Work in this order: Ether/Metal, Air/Wood, Fire, Water, and Earth. Scan both the Yin/Tha and Yang/Ha channel of each element before deciding which circuit appears most restricted.

After the first visible restriction is confirmed and released, search the entire paired circuit for the strongest remaining point. Release it, pause, and rescan the whole circuit for remote changes.

Standing and walking observation

- ☐ Weight appears to transfer evenly from the feet through the legs and pelvis
- ☐ One foot or leg turns inward or outward relative to the other
- ☐ One knee, hip, shoulder or side of the rib cage carries more load
- ☐ The spinal column appears raised, flattened, rotated or side-bent
- ☐ One arm swing or one side of the trunk appears restricted during walking
- ☐ A continuous head-to-foot or core-to-hand tension pattern is visually apparent

Initial visual pattern or suspected channel

First visible restriction

Ether / Metal

Check the muscle groups that contain palpable spasm; compare Yin/Tha with Yang/Ha

Lung - Yin / Tha

- ☐ Upper chest, subclavicular and subclavius region
- ☐ Anterior shoulder and pectoral-respiratory group
- ☐ Anterior upper-arm flexor group
- ☐ Anterior-radial elbow group
- ☐ Radial/anterior forearm group
- ☐ Thumb-side wrist, thenar and thumb/index-side hand group

Large Intestine - Yang / Ha

- ☐ Forehead, lateral face, jaw and cheek group
- ☐ Lateral cervical and upper-neck group
- ☐ Superior-medial scapular and posterior-shoulder group
- ☐ Lateral/posterior upper-arm group
- ☐ Lateral elbow group
- ☐ Posterolateral forearm and radial-wrist group
- ☐ Dorsal radial hand and index-finger group

Strongest point found within this element

Air / Wood

Check the muscle groups that contain palpable spasm; compare Yin/Tha with Yang/Ha

Gallbladder - Yang / Ha

- ☐ Temporal, auricular and lateral-scalp group
- ☐ Platysma, lateral-neck and middle-scalene group
- ☐ Lateral-rib and serratus-anterior group
- ☐ Lateral abdominal-wall group
- ☐ Gluteus-medius, tensor-fasciae-latae and lateral-hip group
- ☐ Iliotibial-band and lateral-thigh group
- ☐ Lateral-knee and fibularis/peroneal group
- ☐ Lateral-ankle and dorsolateral-foot group
- ☐ Abductor-digiti-minimi and lateral-toe group

Liver - Yin / Tha

- ☐ Lateral lower-rib, costal-margin and breathing group
- ☐ Lateral and lower abdominal-wall group
- ☐ Inguinal and pelvic-floor region
- ☐ Medial-thigh and adductor group
- ☐ Medial-knee group
- ☐ Deep medial lower-leg group
- ☐ Medial-ankle, medial-foot and great-toe group

Strongest point found within this element

Fire - Heart / Small Intestine

Check the muscle groups that contain palpable spasm; compare Yin/Tha with Yang/Ha

Heart - Yin / Tha

- ☐ Medial chest and pectoral region
- ☐ Axillary and upper-inner-shoulder group
- ☐ Medial upper-arm flexor group
- ☐ Medial elbow group
- ☐ Ulnar flexor-forearm group
- ☐ Ulnar wrist, hypothenar and palmar-hand group
- ☐ Little-finger flexor-side group

Small Intestine - Yang / Ha

- ☐ Cheek, jaw, auricular and lateral-head group
- ☐ Posterolateral cervical group
- ☐ Scapular, posterior-shoulder and rotator-cuff group
- ☐ Posterior upper-arm and triceps group
- ☐ Posterior-medial elbow group
- ☐ Ulnar extensor-forearm group
- ☐ Ulnar dorsal-wrist, hand and little-finger group

Strongest point found within this element

Fire - Pericardium / Triple Warmer

Check the muscle groups that contain palpable spasm; compare Yin/Tha with Yang/Ha

Pericardium - Yin / Tha

- ☐ Central anterior-chest and pectoral region
- ☐ Anterior shoulder and axillary group
- ☐ Central anterior upper-arm group
- ☐ Central anterior-elbow group
- ☐ Central flexor-forearm group
- ☐ Central palmar-wrist and hand group
- ☐ Middle-finger flexor-side group

Triple Warmer - Yang / Ha

- ☐ Temporal, auricular and lateral-head group
- ☐ Lateral neck and upper-trapezius group
- ☐ Posterior/lateral shoulder group
- ☐ Central posterior upper-arm and triceps group
- ☐ Central posterior-elbow group
- ☐ Central extensor-forearm group
- ☐ Dorsal wrist, hand and ring-finger group

Strongest point found within this element

Water

Check the muscle groups that contain palpable spasm; compare Yin/Tha with Yang/Ha

Bladder - Yang / Ha

- ☐ Procerus, forehead, galea and scalp group
- ☐ Occipitalis and suboccipital group
- ☐ Cervical, thoracic and lumbar erector-spinae group
- ☐ Gluteus-maximus, piriformis and lateral-hip-rotator group
- ☐ Hamstring and posterior-thigh group
- ☐ Superficial posterior-calf group
- ☐ Achilles-tendon group
- ☐ Plantar heel and foot to just before the ball of the foot

Kidney - Yin / Tha

- ☐ Medial pectoral and sternal-fiber group
- ☐ Diaphragm and lower-rib breathing group
- ☐ Psoas-major and deep-lumbar group
- ☐ Pelvic-floor and levator-ani group
- ☐ Gracilis, adductor and medial-thigh group
- ☐ Medial-knee group
- ☐ Tibialis-posterior and deep medial-calf group
- ☐ Medial-ankle group
- ☐ Plantar foot between the heel and ball of the foot

Strongest point found within this element

Earth

Check the muscle groups that contain palpable spasm; compare Yin/Tha with Yang/Ha

Stomach - Yang / Ha

- ☐ Jaw and mastication group
- ☐ Anterior/lateral neck and scalene group
- ☐ Anterior chest, diaphragm and respiratory group
- ☐ Anterior abdominal-wall group
- ☐ Psoas, inguinal and anterior-hip group
- ☐ Quadriceps and anterior-thigh group
- ☐ Anterior-knee and patellar group
- ☐ Tibialis-anterior and anterior-shin group
- ☐ Dorsal-foot and great-toe group

Spleen - Yin / Tha

- ☐ Serratus-anterior and lateral upper-rib group
- ☐ Upper abdominal-wall and left-costal region
- ☐ Lower abdominal-wall and inguinal-canal group
- ☐ Sartorius and medial-thigh pathway
- ☐ Medial-knee group
- ☐ Tibialis-posterior and deep medial-leg group
- ☐ Medial-foot and great-toe group

Strongest point found within this element

Dominant Element and Channel Findings

Transfer the checked muscle groups into the treatment plan on the next page

Element totals

Ether / Metal

Air / Wood

Fire

Water

Earth

Name of the element with the greatest concentration of checked groups

Name of the most restricted Yang / Ha channel

Name of the paired Yin / Tha channel

Muscle groups found in spasm within the Yang / Ha channel

Muscle groups found in spasm within the paired Yin / Tha channel

First visible restriction confirmed by palpation

Strongest remaining point found after the first release

Clinical note: this form records Releasology visual and palpation findings and traditional channel correspondences. It is not a diagnosis of organ disease. Refer symptoms requiring medical evaluation to an appropriate licensed clinician.

Treatment Flow for the Recorded Session

Treat the same checked muscle groups recorded in the assessment - do not substitute new groups

List the muscle groups in the order you intend to treat them. Begin with the first visible and palpable restriction. Release it, rescan both paired channels, and then address the strongest remaining point. Continue only through the checked groups that remain in palpable spasm.

Order	Muscle group / precise region	Side
1		
2		
3		
4		
5		
6		
7		
8		

Required technique sequence

- ☐ Show the pre-treatment standing or walking pattern when appropriate
- ☐ Begin at the first visible restriction and confirm it by palpation
- ☐ Release that point, pause, and rescan the complete Yin / Yang circuit
- ☐ Treat the strongest remaining point before continuing through the list
- ☐ Recheck the paired channel for remote changes after each major release
- ☐ Finish with the same standing, walking, or movement reassessment

Post-Treatment Reassessment

Connect the completed assessment, treatment sequence and recorded result

Changes in the muscle groups treated directly

Remote muscle groups that changed without direct treatment

Changes noticed across the paired Yin / Yang circuit

Changes during the final standing, walking or movement reassessment

Client or practice partner's report after treatment

Video-to-worksheet confirmation

- ☐ The video treats the same element and paired channels named on the worksheet
- ☐ Every muscle group treated on video appears in the treatment-order list
- ☐ The video begins with the first visible point and includes a paired-channel rescan
- ☐ The final reassessment repeats the original observation or movement test

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