

Electric Life Tension Pattern Mapping Worksheet™

Patient Assessment + Nervous System Pattern Mapping System

Electric Life Chiropractic

INTRODUCTION

Your body adapts to stress, movement, injury, posture, emotions, habits, and life experiences.

Pain and tension are often not random.

This worksheet is designed to help identify:

- Areas of tension and dysfunction
- Movement compensation patterns
- Nervous system stress responses
- Breathing and posture habits
- Lifestyle stress loads
- Potential areas of imbalance and protection

The goal is not simply to “chase pain,” but to better understand how your body may be adapting, compensating, and protecting itself.

At Electric Life Chiropractic, we believe:

“The body is intelligent. Tension patterns are often the nervous system’s attempt to create stability, protection, and survival.”

SECTION 1 — BODY TENSION MAPPING

Instructions

Please check all sensations you experience in each area.

Sensation Key

- ☐ Pain
 - ☐ Tightness
 - ☐ Stiffness
 - ☐ Burning
 - ☐ Numbness/Tingling
 - ☐ Weakness
 - ☐ Fatigue
 - ☐ Pressure
 - ☐ Instability
 - ☐ Clicking/Popping
 - ☐ Restriction
 - ☐ Tension that moves/travels
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HEAD / JAW / FACE

- ☐ Headaches
- ☐ Migraines
- ☐ Jaw tension
- ☐ Teeth grinding/clenching
- ☐ Facial tightness
- ☐ Ear pressure/fullness
- ☐ Dizziness/vertigo
- ☐ Eye strain

This area may commonly relate to:

- Stress and nervous system overload
- Jaw clenching
- Breathing dysfunction
- Sleep stress
- Neck instability
- Forward head posture
- Sympathetic dominance (“fight or flight”)

Potential movement implications:

- Reduced neck mobility
 - Shoulder tension
 - Vestibular imbalance
 - Breathing inefficiency
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NECK / UPPER TRAPS

- ☐ Neck pain
- ☐ Limited rotation
- ☐ Muscle knots
- ☐ Stiffness
- ☐ Shoulder tension
- ☐ Burning between shoulders
- ☐ Tight upper traps

This area may commonly relate to:

- Chronic stress vigilance
- Chest breathing
- Postural overload
- Rib cage restriction
- Desk posture
- Emotional guarding/protection

Potential movement implications:

- Shoulder dysfunction
 - Reduced thoracic mobility
 - Headaches
 - Poor breathing mechanics
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SHOULDERS / ARMS / HANDS

- ☐ Shoulder pain
- ☐ Weak grip
- ☐ Numbness/tingling
- ☐ Rotator cuff tension
- ☐ Elbow tightness
- ☐ Wrist tension
- ☐ Hand fatigue

This area may commonly relate to:

- Poor scapular stability
- Neck dysfunction
- Thoracic outlet tension
- Repetitive stress
- Nervous system irritation

Potential movement implications:

- Reduced overhead mobility
 - Grip weakness
 - Compensation through neck/traps
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MID BACK / RIBCAGE

- ☐ Mid-back stiffness
- ☐ Rib tightness
- ☐ Difficulty twisting
- ☐ Pain with breathing
- ☐ Rib pressure
- ☐ Feeling “stuck”

This area may commonly relate to:

- Breath restriction
- Poor thoracic mobility

- Stress bracing
- Rib flare
- Reduced spinal rotation

Potential movement implications:

- Shoulder dysfunction
 - Neck tension
 - Low back compensation
 - Breathing inefficiency
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LOW BACK / PELVIS

- ☐ Low back pain
- ☐ Tight hips
- ☐ SI joint discomfort
- ☐ Instability
- ☐ Muscle guarding
- ☐ Compression/stiffness
- ☐ Tailbone discomfort

This area may commonly relate to:

- Poor pressure management
- Hip immobility
- Weak glute integration
- Chronic guarding
- Stress overload
- Poor movement mechanics

Potential movement implications:

- Reduced hip hinge
- Altered gait
- Hamstring dominance
- Reduced core coordination

HIPS / LEGS / FEET

- ☐ Tight hip flexors
- ☐ Glute weakness
- ☐ Knee pain
- ☐ Foot pain
- ☐ Balance issues
- ☐ Tight calves
- ☐ Hamstring tightness
- ☐ Leg fatigue/heaviness

This area may commonly relate to:

- Compensation patterns
- Gait dysfunction
- Reduced stability
- Weak foot/glute integration
- Asymmetrical loading

Potential movement implications:

- Poor squat mechanics
- Knee collapse
- Balance deficits
- Reduced athletic performance

SECTION 2 — DAILY EXPERIENCE & NERVOUS SYSTEM PATTERNS

Do you commonly experience:

- ☐ Feeling “wired but exhausted”
- ☐ Difficulty relaxing
- ☐ Constant tension holding
- ☐ Clenching jaw during the day

- ☐ Breath holding
 - ☐ Shallow breathing
 - ☐ Fatigue despite sleep
 - ☐ Pain that changes locations
 - ☐ Symptoms worse during stress
 - ☐ Feeling overwhelmed easily
 - ☐ One side tighter than the other
 - ☐ Stiffness after sitting
 - ☐ Better after movement
 - ☐ Poor stress recovery
 - ☐ Trouble slowing down mentally
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SECTION 3 — BREATHING & PRESSURE PATTERNS

Check any that apply:

- ☐ Chest breather
- ☐ Mouth breather
- ☐ Shallow breathing
- ☐ Difficulty taking deep breath
- ☐ Frequent sighing
- ☐ Rib flare
- ☐ Breath holding during stress
- ☐ Neck tightness while breathing
- ☐ Cannot fully exhale
- ☐ Feel tension in stomach/ribs

Breathing dysfunction may contribute to:

- Neck tension
- Rib restriction
- Low back stress
- Poor pressure management
- Nervous system stress responses
- Reduced recovery capacity

SECTION 4 — MOVEMENT & COMPENSATION PATTERNS

Check all that apply:

- ☐ One shoulder sits higher
 - ☐ One hip feels tighter
 - ☐ Weight shifts to one side
 - ☐ Knees collapse inward
 - ☐ Flat feet/pronation
 - ☐ Poor balance
 - ☐ Tight hamstrings
 - ☐ Tight hip flexors
 - ☐ Weak glutes
 - ☐ Cannot squat deeply
 - ☐ Limited rotation
 - ☐ Poor posture awareness
 - ☐ Feel unstable during movement
 - ☐ Stiff thoracic spine
 - ☐ Difficulty activating core
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SECTION 5 — STRESS, RECOVERY & EMOTIONAL LOAD

Stress impacts:

- Muscle tension
- Recovery
- Pain sensitivity
- Breathing
- Sleep
- Inflammation
- Nervous system regulation

Check any that resonate:

- ☐ High daily stress
 - ☐ Mental overload
 - ☐ Emotional exhaustion
 - ☐ Difficulty feeling calm
 - ☐ Trouble shutting mind off
 - ☐ Feel constantly “on alert”
 - ☐ Difficulty resting
 - ☐ Feel disconnected from body
 - ☐ Feel stuck/guarded often
 - ☐ History of emotional stress or trauma
 - ☐ Poor sleep recovery
 - ☐ Low energy reserves
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SECTION 6 — YOUR BODY’S CURRENT STRATEGY

Your body may currently be operating in patterns of:

- ☐ Protection/guarding
 - ☐ Compression strategy
 - ☐ Stress overload
 - ☐ Instability compensation
 - ☐ Mobility restriction
 - ☐ Breath restriction
 - ☐ Nervous system hypervigilance
 - ☐ Movement avoidance
 - ☐ Deconditioning
 - ☐ Poor pressure management
 - ☐ Asymmetrical loading
 - ☐ Reduced recovery capacity
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FINAL REFLECTION

What areas concern you most right now?

What activities feel hardest for your body currently?

What are your goals for your health, movement, energy, and recovery?

ELECTRIC LIFE CLOSING STATEMENT

Healing is not simply about reducing pain.

It is about helping the body regain:

- safety
- adaptability
- movement
- stability
- resilience
- breath
- recovery
- nervous system balance

Your body is always communicating.
This worksheet helps us better understand the patterns behind that communication.
