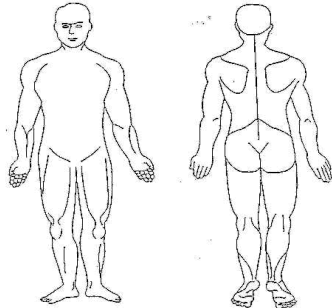


Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Date \_\_\_\_\_

1. Describe your symptoms: \_\_\_\_\_  
a. When did your symptoms start? \_\_\_\_\_  
b. What caused your symptoms to begin? \_\_\_\_\_

(Mark areas involved)



2. How often do you experience your symptoms?

- \_\_\_\_\_ Constantly (76-100% of the day)  
\_\_\_\_\_ Frequently (51-75% of the day)  
\_\_\_\_\_ Occasionally (26-50% of the day)  
\_\_\_\_\_ Intermittently (0-25% of the day)

3. What describes the nature of your symptoms?

- \_\_\_\_\_ sharp \_\_\_\_\_ shooting \_\_\_\_\_ stiff/sore  
\_\_\_\_\_ dull ache \_\_\_\_\_ burning \_\_\_\_\_ tense/tight

4. How are your symptoms changing? \_\_\_ Getting better \_\_\_ Not changing \_\_\_ Getting Worse

What makes your symptoms worse? \_\_\_\_\_

What makes your symptoms better? \_\_\_\_\_

5. Circle the lowest and highest levels of symptoms: (None) 0 1 2 3 4 5 6 7 8 9 10 (Worst)

6. a. Are you pregnant? \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Not sure

b. Please list the medications or supplements you are currently taking.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c. Do you smoke? \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Previously

d. Allergies: Environmental \_\_\_\_\_

Medication \_\_\_\_\_

Food \_\_\_\_\_

e. Do you drink alcohol, coffee, pop? If so, how many per day? \_\_\_\_\_

7. Who have you seen for your symptoms?

\_\_\_\_\_ No one \_\_\_\_\_ chiropractor \_\_\_\_\_ medical doctor \_\_\_\_\_ physical therapist \_\_\_\_\_ other

8. Do you have any other health problems such as .....

\_\_\_\_\_ heart or blood pressure \_\_\_\_\_ gastrointestinal \_\_\_\_\_ organ (liver, kidney, etc.)

\_\_\_\_\_ urinary \_\_\_\_\_ musculoskeletal \_\_\_\_\_ arthritis

\_\_\_\_\_ eye, ear, nose, throat \_\_\_\_\_ respiratory/lungs \_\_\_\_\_ other health concerns/problems

\_\_\_\_\_ unusual bleeding \_\_\_\_\_ unexplained weight loss or gain \_\_\_\_\_ extreme fatigue

If you checked any of these, please explain: \_\_\_\_\_

9. Do you have family members that have any of the following health concerns? M=Mother, F=Father, S=Sibling

Arthritis \_\_\_\_\_ Osteoporosis \_\_\_\_\_

High Blood Pressure \_\_\_\_\_ Stroke \_\_\_\_\_

Heart Attack \_\_\_\_\_ Diabetes \_\_\_\_\_

Cancer \_\_\_\_\_ What type? \_\_\_\_\_

Back problems \_\_\_\_\_ What kind of problem? \_\_\_\_\_

10. Type of care desired: \_\_\_\_\_ Corrective \_\_\_\_\_ Symptom Relief

, Signature \_\_\_\_\_ Date \_\_\_\_\_