

## Case History Adult

Welcome to Heinen Chiropractic, S.C. Do you have a specific concern that brings you in? □ No. I'm interested in having my nervous system assessed to achieve optimal health. If yes, please answer the following questions: What are your present symptoms?\_\_\_\_\_\_ How did your symptoms begin?\_\_\_\_\_ Have you had this or similar symptoms in the past? For how long? How often is it present?\_\_\_\_\_\_ Is it getting worse?\_\_\_\_\_ What activities or positions aggravate your condition?\_\_\_\_\_ What activities or positions make your condition better?\_\_\_\_\_ List any previous diagnoses and treatments you have received for this condition: What do you believe is wrong with you? **PAIN DIAGRAM** Please complete the diagram by using the letters to indicate your area of pain. A: ACHE T: TINGLING N: NUMBNESS B: BURNING F: STIFFNESS S: SHARP / STABBING Rate your pain RIGHT NOW: no pain\_ worst possible pain 2 3 5 6 7 9 10 1 8 Rate your **TYPICAL** pain: no pain worst possible pain 2 3 5 6 8 7 9 10 Rate your pain at **WORST**: no pain worst possible pain Rate your pain at **BEST**: worst possible pain no pain 2 3 5 6 7 8 10 1 9

Patient Name (Print):\_\_\_\_\_ Date: \_\_\_\_\_ Date: