

Adult Patient Questionnaire

CONFIDENTIAL PATIENT INFORMATION

First Name:

Last Name:

Date: / /

SS#: - - -

DOB: / /

Sex: M F

Marital Status:

of Children:

Occupation:

Street Address:

Height: ft. in.

City:

State:

Zip:

Weight: lbs.

Email:

Cell Phone: - -

Other Phone: - -

Emergency Contact:

Emergency Relation:

Emergency Phone: - -

How did you hear about us?

Who is your primary care physician?

Date and reason for your last doctor visit:

Are you also receiving care from any other health professionals? Yes No

- If yes, please name them and their specialty:

Please note any significant family medical history:

CURRENT HEALTH CONDITIONS

What health condition(s) bring you into our office?

Have you received care for this problem before? Yes No

- If yes, please explain:

When did the condition(s) first begin?

How did the problem start? Suddenly Gradually Post-Injury

Is this condition: Getting worse Improving Intermittent Constant Unsure

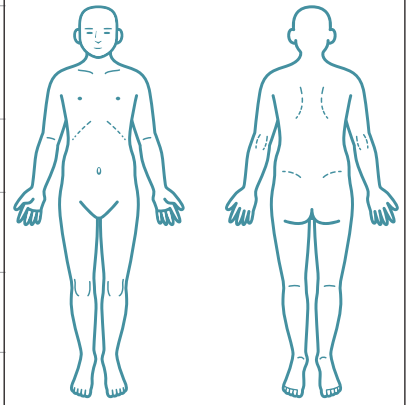
What makes the problem better?

What makes the problem worse?

Please indicate where you are experiencing pain or discomfort.

X= Current condition

O= Past condition



YOUR HEALTH GOALS

Your top three health goals:

1. _____
2. _____
3. _____

CHIROPRACTIC HISTORY

What would you like to gain from chiropractic care? Resolve existing condition(s) Overall wellness Both

Have you ever visited a chiropractor? Yes No If yes, what is their name?

What is their specialty? Pain Relief Physical Therapy & Rehab Nutritional Subluxation-based Other:

Do you have any health concerns for other family members today?

TRAUMAS: Physical Injury History

Have you ever had any significant falls, surgeries or other injuries as an adult? Yes No

- If yes, please explain:

Notable childhood injuries? Yes No If yes, please explain:

Youth or college sports? Yes No If yes, list major injuries:

Any auto accidents? Yes No If yes, please explain:

Exercise Frequency? None 1-2x per week 3-5x per week Daily

What types of exercise?

How do you normally sleep? Back Side Stomach Do you wake up: Refreshed and ready Stiff and tired

Do you commute to work? Yes No If yes, how many minutes per day?

List any problems with flexibility. (ex. Putting on shoes/socks, etc.)

How many hours per day you typically spend sitting at a desk or on a computer, tablet or phone?

TOXINS: Chemical & Environmental Exposure

Please rate your CONSUMPTION for each:

| | <i>None</i> | | | | | | <i>Moderate</i> | | | | | | <i>High</i> | | | | |
|---------|-------------|---|---|---|---|-----------------------|-----------------|---|---|---|---|--|-------------|---|---|---|---|
| | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |
| Alcohol | ① | ② | ③ | ④ | ⑤ | Processed Foods | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |
| Water | ① | ② | ③ | ④ | ⑤ | Artificial Sweeteners | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |
| Sugar | ① | ② | ③ | ④ | ⑤ | Sugary Drinks | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |
| Dairy | ① | ② | ③ | ④ | ⑤ | Cigarettes | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |
| Gluten | ① | ② | ③ | ④ | ⑤ | Recreational Drugs | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |

Please list any drugs/medications/vitamins/herbs/other that you are taking, and why.

THOUGHTS: Emotional Stresses & Challenges

Please rate your STRESS for each:

| | <i>None</i> | | | | | | <i>Moderate</i> | | | | | | <i>High</i> | | | | |
|------|-------------|---|---|---|---|--------|-----------------|---|---|---|---|--|-------------|---|---|---|---|
| | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |
| Home | ① | ② | ③ | ④ | ⑤ | Money | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |
| Work | ① | ② | ③ | ④ | ⑤ | Health | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |
| Life | ① | ② | ③ | ④ | ⑤ | Family | ① | ② | ③ | ④ | ⑤ | | ① | ② | ③ | ④ | ⑤ |

ACKNOWLEDGEMENT & CONSENT

Patient Name: _____ Date: ____ / ____ / ____



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