



On a scale of 1 – 10 describe your : Occupational Stress:\_\_\_\_\_

Personal Stress:\_\_\_\_\_

On a scale of: Poor, Good, or Excellent describe your:

DIET:\_\_\_\_\_ EXERCISE:\_\_\_\_\_ SLEEP:\_\_\_\_\_ GENERAL HEALTH:\_\_\_\_\_

### ADDRESSING THE ISSUES THAT BROUGHT YOU TO THIS OFFICE

1. Briefly describe the chief area(s) of complaint, including the effect it has had on your life? \_\_\_\_\_

2. Pain is: Sharp\_\_\_\_\_ Dull\_\_\_\_\_ Comes and goes\_\_\_\_\_ Travels\_\_\_\_\_ Constant\_\_\_\_\_

3. Has this condition: gotten better\_\_\_\_\_ gotten worse\_\_\_\_\_ Stayed the same\_\_\_\_\_ comes and go \_\_\_\_\_

4. What makes it worse? \_\_\_\_\_

5. Does it interferes with: Work: \_\_\_\_\_ Sleep:\_\_\_\_\_ Walking:\_\_\_\_\_ Sitting: \_\_\_\_\_ Hobbies:\_\_\_\_\_ Leisure:\_\_\_\_\_

6. Other Doctors seen for this problem ( please list):

Chiropractor:\_\_\_\_\_ Medical Doctor:\_\_\_\_\_ Other:\_\_\_\_\_

7. PREVIOUS X-RAY \_\_\_\_\_

8. Have you ever had therapeutic massage before? Yes / No

(Woman only) Are you pregnant? Yes/No Date of onset of last menstrual cycle \_\_\_\_\_

Please circle all symptoms you have experienced (circle P for Past, C for Current), even if they do not seem related to your current problem.

P C Headaches

P C Pins and needles in legs

P C Fainting

P C Dizziness

P C Pins and needles in arms

P C Ringing in ears

P C Numbness in fingers

P C Diarrhea

P C Irritability

P C Numbness in toes

P C Loss of Smell

P C Cold Hands

P C Fatigue

P C Buzzing in Ears

P C Cold Feet

P C Sleeping Problems

P C Neck Stiff

P C Fever

P C Depression

P C Constipation

P C Menstrual Irregularity

P C Neck Pain

P C Loss of Taste

P C Menstrual Pain

P C Tension

P C Light bothers eyes

P C Problem Urinating

P C Cold Sweats

P C Nervousness

P C Stomach Upset

List any medications you are taking now for any reason: \_\_\_\_\_

Have you ever..... Belonged to a health Club: Y / N

Consumed vitamins or supplements: Y / N

Patient Signature \_\_\_\_\_ Date: \_\_\_\_\_

# The Center for Health

**Family History:** Please indicate M=Mother F=Father S=Sister B=Brother GP=Grandparent

**High Blood Pressure** [ M ][ F ][ S ][ B ][ GP ]

**Heart Disease** [ M ][ F ][ S ][ B ][ GP ]

**Thyroid Disease** [ M ][ F ][ S ][ B ][ GP ]

**Kidney Disease** [ M ][ F ][ S ][ B ][ GP ]

**Diabetes** [ M ][ F ][ S ][ B ][ GP ]

**Parents living/good health** [ M ][ F ]

**Parent deceased** [ M ][ F ] Age: \_\_\_\_\_ **Cause:** \_\_\_\_\_

**Remarks:** \_\_\_\_\_

**Asthma** [ M ][ F ][ S ][ B ][ GP ]

**Migraine** [ M ][ F ][ S ][ B ][ GP ]

**Seizures** [ M ][ F ][ S ][ B ][ GP ]

**Anemia** [ M ][ F ][ S ][ B ][ GP ]

**Arthritis** [ M ][ F ][ S ][ B ][ GP ]

**Cancer** [ M ][ F ][ S ][ B ][ GP ]

1. If you are not feeling any symptoms and are seeking wellness care please check here:

2. Please use the body diagram beside to describe your symptoms. Mark all affected areas using the symbols below on the person in the diagram.

Numbness: .....

Pins & Needles: OOOOO

OOOOO

Burning: XXXXX

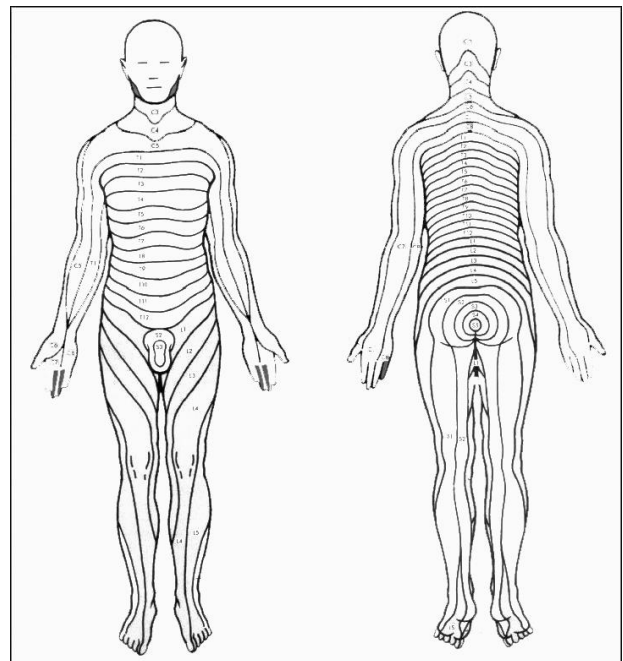
XXXXX

Aching: \*\*\*\*\*

\*\*\*\*\*

Stabbing: ///////////////

//////////



Please rate the pain you are feeling right now by drawing a star ( \* ) on the scale below.



Don't forget to sign up at [www.spine.ca](http://www.spine.ca) for health tips and monthly Chiropractic Newsletters.