

Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male/Female  
 Age \_\_\_\_\_ SS# \_\_\_\_\_ Email \_\_\_\_\_  
 Occupation \_\_\_\_\_ Marital Status: M W D S Spouse Name \_\_\_\_\_  
 No# of Children \_\_\_\_\_ Name of Children \_\_\_\_\_  
 Insured's Name (if other than self) \_\_\_\_\_ Birth date \_\_\_\_\_

1. Many patients are referred to our office by a family member or friend. What or who made you decide to visit our office?  
 \_\_\_\_\_

2. Science tells us your spine like your teeth need to be cared for regularly.

How often do you get adjusted by a chiropractor? Frequently / only when you hurt / 1 x monthly / never

3. When was your last complete spinal examination including x-rays? \_\_\_\_\_  Never

4. Over time spinal misalignments will cause arthritis and degeneration which results in grinding or cracking to be heard when you move your neck or back as well as, loss of Nerve Health. Do you hear these sounds when you move your head or neck?  Yes  No

5. If your spine is out of alignment for a long time it can make you feel like you need to twist, stretch, or crack your neck or back.

Do you often feel the need to crack or pop your neck or lower back?  Yes  No

6. Poor posture leads to poor health and early death. How would you rate your posture?

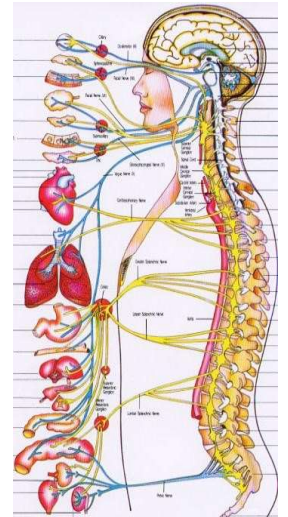
Poor 1 2 3 4 5 6 7 8 9 10 Excellent

7. Stress causes your spine to misalign and accelerates spinal damage. Rate your stress level over the last 3 months.

None 1 2 3 4 5 6 7 8 9 10 Intense

8. Please circle or list any health symptoms or health complaints you are experiencing.

Neck pain L/R	Arm L/R Pain/numb/tingle	Leg L/R Pain/numb/tingle	Constipation	Allergies
Mid-back pain	Hip pain L/R	Heart Disease	Menstrual Problems	Diabetes I/II
Low-back pain	Headache/Migraine	Cancer	Thyroid	Asthma



9. Prescription medications cause various side effects hide the severity of health problems and hinder the body's ability to heal. What medications are you currently taking? (use back if necessary)  
 \_\_\_\_\_

10. Please list any surgeries you have had. \_\_\_\_\_

11. Do You Smoke?  Yes  No

12. Spinal health is vitally important to ensure you and your baby are healthy. Is there a chance you are pregnant?  Yes  No

13. Daily trauma, auto accident(s), and work injuries can cause misalignment of vertebrae and serious spinal problems.

When was your most recent injury at home? \_\_\_\_\_ Car accident? \_\_\_\_\_ Slip or fall? \_\_\_\_\_

14. Improper sleeping positions can cause spinal misalignment and spinal damage. What sleeping position do you sleep in:

Back  Stomach  R Side  L Side

15. Exercise level: Never 1 2 3 4 5 6 7 8 9 10 Often

17. Are you?  Right Handed  Left Handed

18. Please list vitamins/supplements you take: \_\_\_\_\_

19. If the doctor identifies your spine to be misaligned, are you committed to follow the recommendations to correct your problem completely?

Yes  No

The above information is true and accurate to the best of my knowledge.

Patient Signature (Parent/Guardian): \_\_\_\_\_ Date: \_\_\_\_\_