

ADULT HEALTH HISTORY QUESTIONNAIRE

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**CURRENT COMPLAINT #1:**  Neck  Low-Back  Mid-Back  Shoulder  Leg  Other \_\_\_\_\_

Where? \_\_\_\_\_ Date of Onset: \_\_\_\_\_ Cause: \_\_\_\_\_

Description:  Burning  Stabbing  Aching  Boring  Tingling  Stiff  Throbbing

How Often?  Constant  Intermittent Radiating?  R  L  Both /  Leg  Arm  Waist  Other

Anything Relieve It? \_\_\_\_\_ Aggravate It? \_\_\_\_\_

Has Condition Got:  Better  Worse  Staying Same

Have you ever experienced this condition before?  Yes  No If Yes, When? \_\_\_\_\_

Is condition effecting your:  Home Life  Occupation  Recreational Activities  Rest & Sleep

Anyone else seen for this condition?  Medical Doctor  Chiropractor  Physical Therapist

**CURRENT COMPLAINT #2:**  Neck  Low-Back  Mid-Back  Shoulder  Leg  Other \_\_\_\_\_

Where? \_\_\_\_\_ Date of Onset: \_\_\_\_\_ Cause: \_\_\_\_\_

Description:  Burning  Stabbing  Aching  Boring  Tingling  Stiff  Throbbing

How Often?  Constant  Intermittent Radiating?  R  L  Both /  Leg  Arm  Waist  Other

Anything Relieve It? \_\_\_\_\_ Aggravate It? \_\_\_\_\_

Has Condition Got:  Better  Worse  Staying Same

Have you ever experienced this condition before?  Yes  No If Yes, When? \_\_\_\_\_

Is condition effecting your:  Home Life  Occupation  Recreational Activities  Rest & Sleep

Anyone else seen for this condition?  Medical Doctor  Chiropractor  Physical Therapist

PAST HISTORY:

Automobile accidents?  Past Year: 1 2 3+  Past 5 Years: 1 2 3+  Over 5 Years: 1 2 3+  Never

EMS:  Yes  No Hospitalized?  Yes  No If Yes, how long? \_\_\_\_\_

Previous Surgeries: \_\_\_\_\_

Serious Injuries: \_\_\_\_\_

Traumas (slips/falls/breaks)? \_\_\_\_\_

Illnesses? \_\_\_\_\_ Previous Chiropractor? \_\_\_\_\_

NOTABLE HEALTH CONCERNS:

Allergies?  Yes  No If Yes, please list: \_\_\_\_\_

Current Medications: \_\_\_\_\_

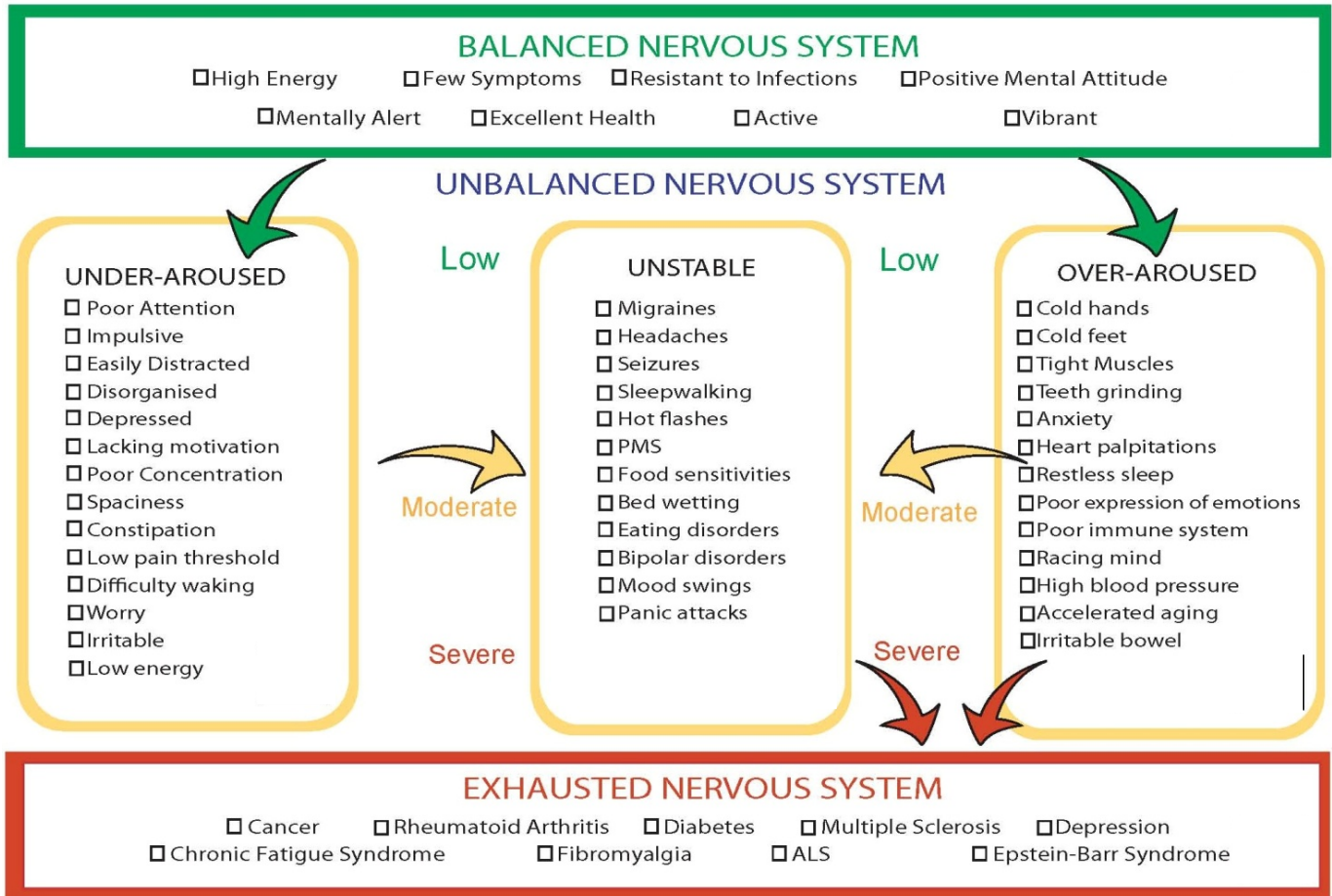
Other: \_\_\_\_\_

Please rate your current level of Stress (1 = No Stress; 5 = Moderate Stress; 10 = Overwhelming Stress):

1      2      3      4      5      6      7      8      9      10

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ Patient # \_\_\_\_\_

Please check all symptoms that you have ever had, even if they do not seem related to your current problem, where you believe you fit on the chart. Your doctor will then be able to recommend what type of care you need to achieve balance... where are your loved ones?



**CHECK ANY OF THE FOLLOWING DISEASES YOU HAVE HAD:**

- |  |   |                                    |                                      |   |
|--|---|------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Pneumonia       | <input type="checkbox"/> Tuberculosis   | <input type="checkbox"/> Measles   | <input type="checkbox"/> Chicken pox | <input type="checkbox"/> Arthritis        |
| <input type="checkbox"/> Rheumatic fever | <input type="checkbox"/> Whooping cough | <input type="checkbox"/> Mumps     | <input type="checkbox"/> Thyroid     | <input type="checkbox"/> Mental disorders |
| <input type="checkbox"/> Polio           | <input type="checkbox"/> Anemia         | <input type="checkbox"/> Small pox | <input type="checkbox"/> Influenza   | <input type="checkbox"/> HIV              |

**CHECK ANY OF THE FOLLOWING YOU HAVE HAD IN THE PAST 6 MONTHS:**

**NERVOUS SYSTEM**

- Numbness
- Paralysis
- Dizziness
- Fainting
- Cold/tingling extremities

**MUSCULOSKELETAL**

- Low back pain
- Pain between shoulders
- Neck pain
- Arm pain
- Joint pain/stiffness
- Walking problems
- Difficulty chewing/clicking jaw
- General stiffness

**GASTROINTESTINAL**

- Poor/excessive appetite
- Excessive thirst
- Frequent nausea
- Vomiting

- Diarrhea
- Liver problems
- Gall bladder problems
- Weight trouble
- Gas/bloating after meals
- Heartburn
- Black/bloody stool colitis
- GENITOURINARY**
- Painful/excessive urination
- Discolored urine
- CARDIOVASCULAR**
- Chest pain
- Shortness of breath
- Blood pressure problems
- Heart problems
- Lung problems/congestion
- Varicose veins
- Ankle swelling
- Stroke

**EYE/EAR/NOSE/THROAT**

- Vision problems
- Dental problems
- Sore throat
- Ear aches
- Hearing difficulty
- Stuffed nose

**MALE/FEMALE**

- Menstrual cramps
- Vaginal pain/infection
- Breast pain/lumps
- Prostate/sexual dysfunction

**FEMALES ONLY**

- Normal menstrual cycle
- Irregular menstrual cycle
- Menopause/hysterectomy
- Pregnant

**Would you like additional information about nutritional intervention for weight loss?**  Yes  No